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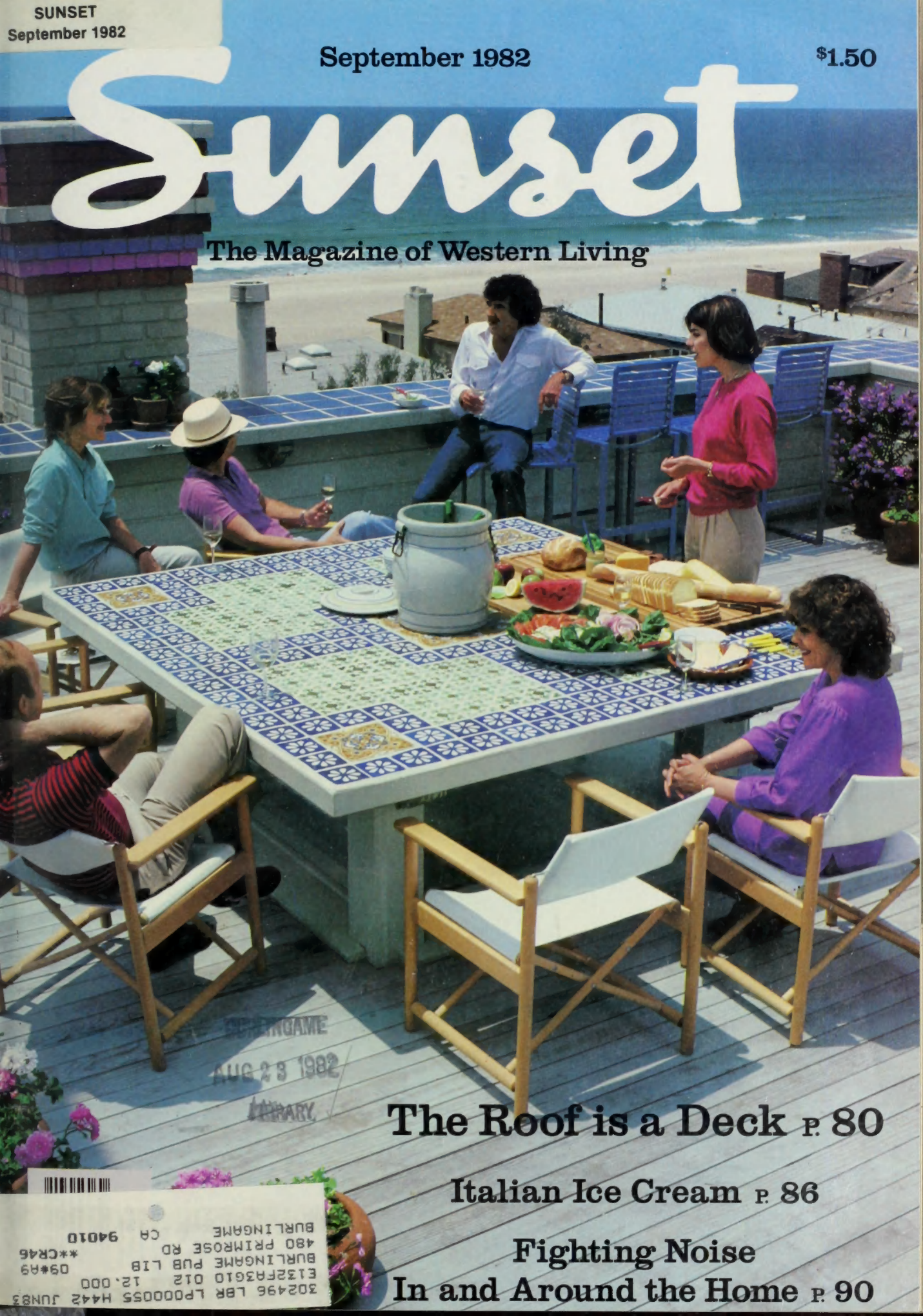

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Sunset* The Magazine of Western Living*

THE PACIFIC MONTHLY *

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The Cover Story

The yard is up on the roof of this remodel in Manhattan Beach, California. Bar stools pull up to the counter/railing, and the table's glass pedestal serves as a skylight for the bedroom below. Starting on page 80, you'll see how other Westerners have found access to views, sun, privacy, and breezes on the tops of their houses. Photograph by Glenn Christiansen

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DAVID STUBBS

esurrected *near its original cation at North Garrison, 000-pound 1910 fog bell sounds with an r-stopping clamor*

North Garrison opens at Angel Island

A square mile of fields, ravines, and ridges rising to a 780-foot peak, Angel Island in the San Francisco Bay has seen its share of human drama. Coast Miwok Indians lived here first, followed by the Spanish, the Mexicans, and the United States Army. During its military days, the island's North Garrison—in the Winslow Cove-Point Simpton area on the northeast side—served as a detention center for prisoners of war in two world wars. But what people remember most about North Garrison is its role as the principal entry point for Asian immigrants between 1910 and 1940.

Since the island became state parkland in 1954, North Garrison has been off limits to visitors, largely because of its unstable

Leaving Ayala Cove pier, *ferry heads toward Tiburon (top); windy West Garrison with view of Golden Gate Bridge is invigorating picnic spot*

Granite memorial *honors the enduring spirit of Asian immigrants who were confined at North Garrison barracks*

Decibel meter meets motorcycle

DAVID STUBBS

Motorcyclist *and noise monitor holding sound-level meter prepare to measure cycle's decibel output*

How effective are the barriers we typically build around our homes in muffling noise? For answers, a *Sunset* team ran a series of tests.

Armed with a sound-level meter, associate editor Peter Whiteley enlisted an amicable noisemaker, motorcycling staff secretary Leila McDaniel. Together—she riding with her engine revved to 4,500 rpm, he measuring the sound from behind various barriers—they tested the decibel-dampening ability of shrub hedges, wooden fences, concrete block walls, and earth berms.

The results may surprise you, and they can help you learn what you can do to control noise inside and around your home. Check the report starting on page 90. □

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and dangerously decayed buildings. Wh the restoration of an old barracks and ot improvements, the site now sheds light a small corner of California history.

September—which typically brings cl skies, little fog or wind, and warm air-is one of the best times to visit. At pr time, park officials stressed that the tr- racks are open only on an irregular b is because of limited staffing. Groups of 15 to 70, however, can tour the building vi two to three weeks' advance booking. o information on the barracks' visitor h and tours, call park headquarters at (45 435-1915.

Inside the barracks, photographs tell story of life at the immigration stat You also see written messages left on walls by detainees. Display panels t the Asian experience in California, to ing on Asian influence on Califo culture.

Outside, a granite monument honors t who endured a stay here on their way new life. The immigration station fog has been rehung on a new scaffolding placed where the entry pier once stoo

North Garrison is a 25-minute walk f the landing at Ayala Cove. Except maintenance vehicles, there is no auto bile traffic on the island, but bicycles be brought over on ferries from Pier in San Francisco and from Tiburon. A Labor Day, ferry service is cut bac weekends and holidays only. Round fare from San Francisco is $5.50 adults, $3 for children, bicycles free; Tiburon, it's $2.75 for adults, $1.50 children, 50 cents for bicycles. For information on San Francisco service (415) 546-2815; for Tiburon service (415) 435-2131.

Balloons over Visalia—the fleet m September 23 to 26

In summertime, the last thing a Ce Valley town like Visalia needs is mor air, yet they've invited it by the bagfu expected 60 hot-air and helium ball will converge for the California B Festival to compete in races, rallies, contests—and put on a good show spectators. Sponsored by the nonprof salia Balloon Association, events are tered around a 148-acre parksite a northeast corner of the junction of ways 99 and 198 west of town.

As with any ballooning activity, we can alter an event or cancel it; event are approximate. In general, early ing and late afternoon are best for tak and landings (and for viewing).

Activity runs throughout the four-da tival, but highlights include the op "fly-in" on September 23, when ball take off from all over town at 4:30 P.M. converge—their pilots hope—on the site. Saturday, September 25, will mass ascension at 8 A.M., a spot la contest at 4:30 P.M., and the takeoff f

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Getting above it all in Boulder

On a flat-topped mesa above Boulder sits the sandstone-hued building of the National Center for Atmospheric Research (NCAR), surrounded by 400 acres of grassland and forest. Open to the public, the 6,000-foot-high preserve offers wide eastward vistas and a short nature trail which links to one of the main trails through Boulder Mountain Park. In late summer, a trek on the Mesa Trail can also offer chance encounters with mule deer coming out of the high mountains.

You can pick up a self-guiding map and brochure at the Mesa trailhead near the parking lot; the 18-stop tour pauses at vantage points to view native flora and the geology of the neighboring Flatiron range. The trail climbs a bit over rocky terrain.

On weekdays from 8 to 5, you can also walk through exhibit areas of the Mesa Laboratory, where photographic displays explain NCAR research. To get to the NCAR parking lot from Denver, head west on U.S. 36 and take the Table Mesa Drive exit. Turn west on Table Mesa Drive and go to its end.

Mysterious masks, a Mexican fiesta at Santa Clara's Triton Museum

Long before the conquistadors arrived, the Indians of Mexico retold their legends and mysteries through mask dance dramas. Other mask dances were performed to celebrate (or encourage) the harvest, offer a prayer, or just to entertain. The mystery, humor, and sheer artistry of these Indian masks are revealed this month at the Triton Museum of Art, which will also present a show of contemporary Mexican prints.

Over 150 painted wooden masks from all over Mexico will be displayed; most are from private collections and have never been shown before. Carved in the 19th and 20th centuries, the masks represent heroes such as Cortez and Montezuma, animals, and ritual figures such as the devil. Each mask was carved for a specific ritual or dance. Colors range from bright red to soft umber, carving from crude to intricate.

The exhibition runs September 5 through October 17. To celebrate the opening, a fiesta will be held on September 6 from 1 to 5 on the museum's 7-acre grounds at 1505 Warburton Avenue in Santa Clara, just outside of San Jose. There will be music and dance from 2 to 4, food booths, games, and a children's mask-making workshop throughout the day. Museum hours are noon to 4 Tuesday through Friday, noon to 5 weekends.

For travel planners, a September 1982 check list

New Zealand nature expedition. On a 24-day hiking expedition, explore Cook and Tongariro national parks, Milford Track, and Stewart Island. Escorted group (maximum 16) will study geology, plants, wildlife, and people. Porters or pack animals carry gear. Cost of $1,890 covers land transportation, accommodations (in first-class hotels, trail huts, and a few tent camps), most meals. Departures: November 12 and February 4 (also November 11, 1983). Write to Nature Expeditions International, 599 College Ave., Palo Alto, Calif. 94306; (415) 494-6572.

Imperial ball in Vienna. End 1982 with an international gathering at a gala banquet and dance in the Hofburg Palace. The invitation is part of a seven-day package offering four days in Vienna (with tickets for opera and Spanish riding school) and three days in Salzburg, with two meals most days. Cost is $1,365 per person in deluxe, $1,182 in first-class hotels. See your travel agent or write to Unique Holidays, Box 16473, Irvine, Calif. 92714; (714) 979-5115.

Portland-Spokane-Seattle rail tour. The Pacific Northwest chapter of the National Railway Historical Society offers a scenic two-day trip on a 10-car Amtrak train on route not normally traveled during daylight. Train leaves Portland on October 9, with an overnight in a Spokane hotel, and arrives in Seattle on October 10. Cost of $148 per person double occupancy ($155 single, $128 children 2 to 11) includes meals on train, hotel, and train connection back to Portland. For details, send stamped, self-addressed business-size envelope to National Railway Historical Society, Room 1, Union Station, Portland 97209.

West Africa cruise on Yugoslav ship. The 312-passenger M.S. *Istra* sails from Canary Islands to Senegal and Ivory Coast on 1-day cruise, after which passengers stay for nights in an Abidjan hotel to explore Ivory Coast. Starting price of $2,470 includes round-trip air travel from the West Coast, one day layover in Madrid hotel, ship accommodations in outside cabin, almost all meals, port taxes. Departure: November (also November 14, 1983). For details write to Adriatic Tours, 691 W. 10th St., San Pedro, Calif. 90731; telephone (800) 262-1718 in California, or (213) 548-14 collect.

Guides to New York State. For free brochures, some updated quarterly, write to Tourism, Department of Commerce, 99 Washington Ave., Albany, N.Y. 12245.

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beginning page 208

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beginning page 211

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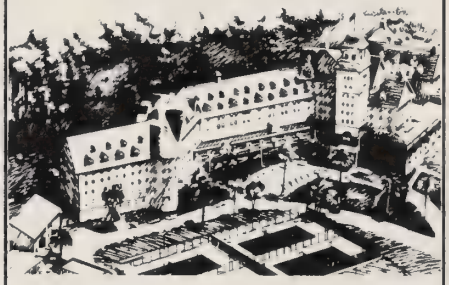

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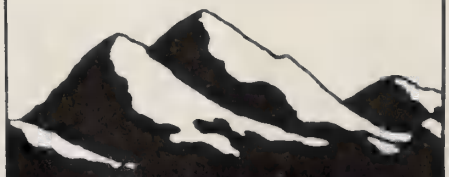

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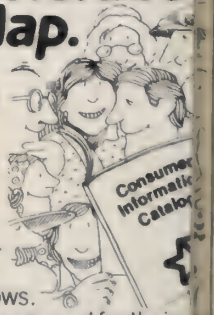

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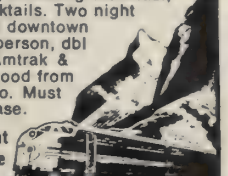

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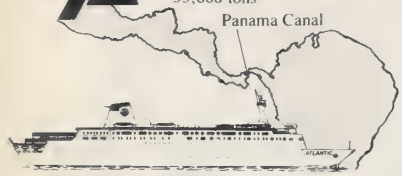

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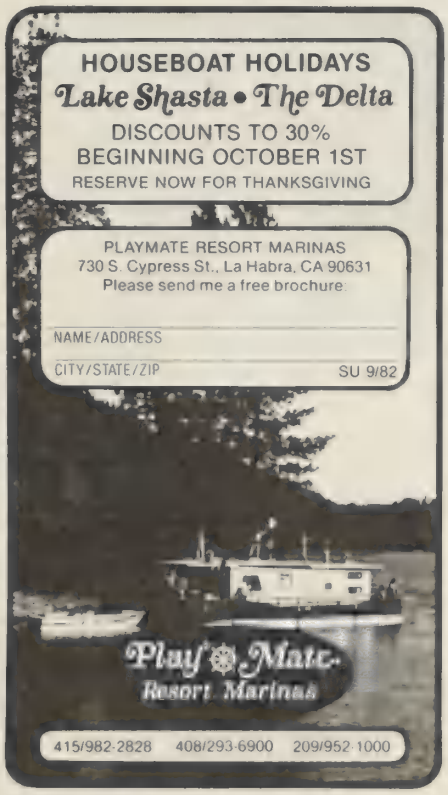

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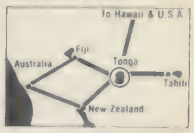

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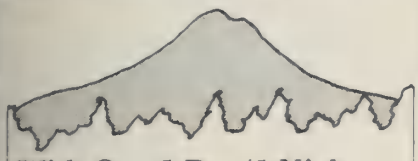

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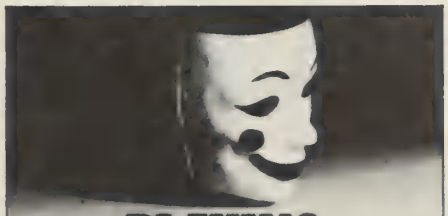

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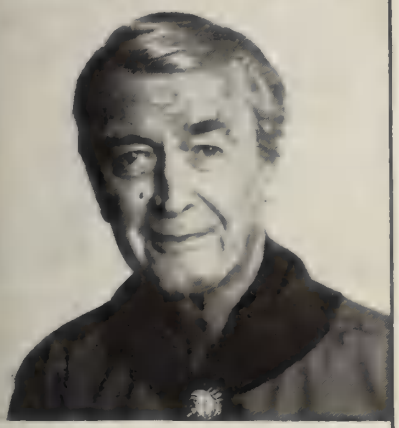

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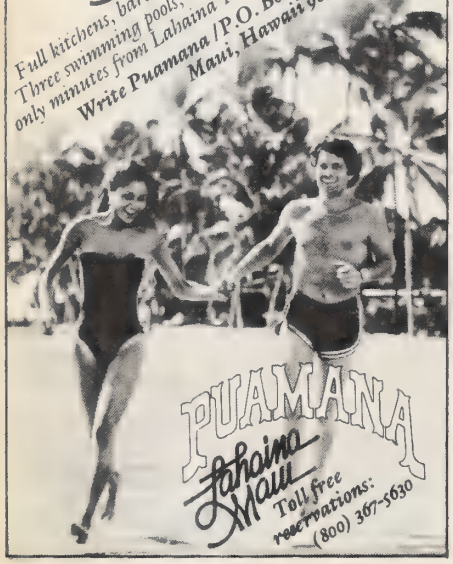

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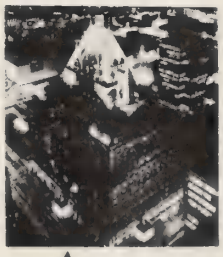

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Strings of oysters *are prepared for planting on racks in Drakes Bay at Johnson's Oyster Company*

Hand-grading *along conveyor belt sorts oysters into baskets by size, customers choose between small and medium shells*

The oyster farms of Tomales Bay and Drakes Bay. Next stop is a fresh oyster picnic

Shallow bay inlets with year-round water temperatures between 55° and 62° make the Point Reyes region of Marin County ideal for oyster farming. Bivalves have plenty of plankton to feed on, and there are few people or pollutants to spoil the quality of the water.

On Drakes Bay and Tomales Bay, three companies raise and sell oysters, each using a different farming technique. Prices range from $2.50 to $4.50 per dozen for oysters in the shell and from $3 for a pint to $6 for a quart of shucked oysters. Several nearby beaches are appealing for a barbecued oyster picnic, especially in September when the chance of fog decreases and the air warms.

Johnson's Oyster Company, on Drakes Bay, is the biggest and busiest. Charlie Johnson, granddaddy of the local oyster business, pioneered the hanging culture method here 25 years ago: oysters are strung together and hung on racks in the bay to grow into mature clusters. Then, the individual shells are cracked from the clusters and shoveled onto a conveyor belt and hand-sorted by size.

Johnson's sells Pacific oysters shucked or in the shell (excellent for barbecuing). You can stop by from 8 to 4 any day except Monday. From Inverness, go 5¼ miles west on Sir Francis Drake Boulevard; at the Johnson's Oyster Company sign, turn left onto a gravel road for ½ mile.

PETER CHRISTIANSEN

Pacific oysters, *pulled from purging tanks at Tomales Bay Oyster Company, are packed in boxes for trip to picnic site*

Tomales Bay Oyster Company grows and sells what workers there call "pampered" oysters. This farm raises oysters according to the European method: 250 single baby oysters are placed in a netting bag and hung on racks in the bay to mature. On weekends, farming usually stops, but you

PETER CHRISTIANSEN

Still in their shells, *Pacific oysters on grill at left cook in about 10 minutes. Blue point oyster above is being eaten raw, with a dash of salt and pepper and a squeeze of lemon juice*

may see some activity.

Besides the Pacific and French oysters farmed here, you can buy blue points and various clams and mussels. Blue points and French (*belon*) oysters are best for eating raw. Open 10 to 5 Friday through Sunday, the company is 7 miles north of Point Reyes Station on State 1.

Jensen's Oyster Beds farms clusters in beds right on bay mudflats. Besides growing and selling Pacific oysters, Jensen's serves them in its restaurant overlooking the water. Open daily except Thursday from 11 to 6, Jensen's is 4½ miles north of Marshall on State 1.

To beach or bay for a barbecue

Tomales Bay State Park has two picnic areas with barbecues: one overlooking the bay, the other at Heart's Desire Beach. Point Reyes National Seashore offers three easily accessible beach picnic sites. At Point Reyes Beach North or Point Reyes Beach South, you'll need to bring your own barbecue; Drakes Beach has public barbecues. The Tomales Bay sites tend to be warmer, less windy, and less foggy. Entry fee at Tomales Bay State Park is $2. National Seashore beaches are free.

Bring a pair of work gloves for protection when opening raw oysters and handling hot barbecued ones. You'll need an oyster knife to open the raw ones.

To barbecue Pacific oysters: scrub shells well with a stiff brush in cool water. Place oysters with the most curved side down on a barbecue grill about 4 to 6 inches above a solid bed of hot coals. Cook without turning until oysters gape open slightly (or juices spurt out), about 10 to 15 minutes. Remove oysters from grill; use an oyster knife to pry shells open. Pluck oysters from shell to eat, dipping in melted butter or lemon juice if desired.

Our map guides you to oyster farms and oyster barbecue sites

Prime oyster waters *of Drakes Bay and Tomales Bay are farmed by three firms shown on map*

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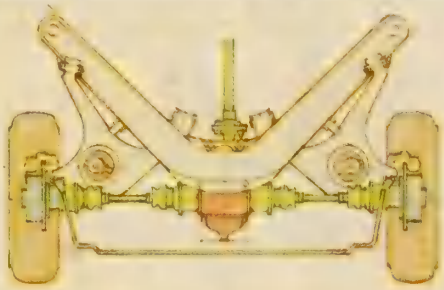
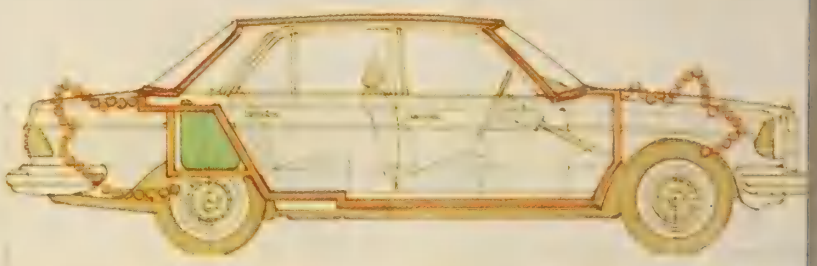
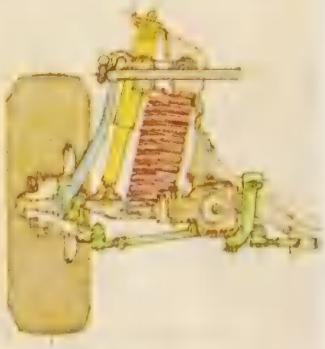


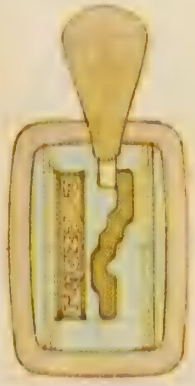
Overhead view of diagonal pivot rear axle, a key element of the 300D's elaborate fully independent suspension system. To Mercedes-Benz, sports car handling and sedan handling should be the same.



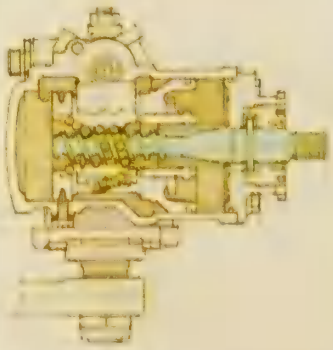
There are 120 safety features incorporated in every 300D—and the car's body itself is one. Front and rear sections are carefully devised to progressively yield on heavy impact (dotted lines), managing kinetic energy before it can be transmitted with full force to the passenger area within.



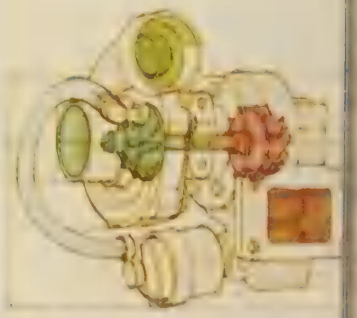
Zero-offset geometry of front suspension mobilizes esoteric physics to guide the 300D along a true forward path.



Floor-mounted shift lever connects to a rugged four-speed automatic gearbox.



Twenty-four tiny ball bearings form the heart of the 300D's exquisitely smooth and precise recirculating-ball steering system.



The 300D's rank as America's most po diesel automobile owes much to this 17-lb. piece of engineering brilliance: a turbocharger.

Instrument panel of the 300D is not decked out with gadgets but laid out with ergonomic exactitude. Look of rich wood is achieved by using rich wood.

300D's vivid performance is excelled by no other diesel automobile sold in America.

The 300D Turbodiesel: the Mercedes-Benz engineers' idea of a $30,000* luxury sedan.

The luxury of superb technology permeates the 300 D Turbodiesel Sedan, creating superb ver-the-road performance. Mere sport is not the goal: tenacious roadholding, sharp reflexes and precise control simply make better drivers–of aficionados and housewives alike.

The 300 D Turbodiesel boasts such extravagances as six parate brakes, seven shock sorbers, and a rigid unit body elded at exactly 4,786 points.

If these seem less seductive an tufted velvet seats or razor-lged styling, Mercedes-Benz gineers can only shrug. Se-ction is not their aim. Provid-g you with the most precise ssible driving instrument is.

Not a blunt instrument

There is deep satisfaction in an tomobile meant to elevate ur driving standards more an your ego.

For example, this 3585-lb., e-passenger sedan yields no ound even to sports cars on ller-coaster back-country roads. It will not panic if suddenly rown into a maze of S-bends in e rain.

Its steering system is not a unt instrument but an almost nsually responsive mechanism–iquid-smooth *recirculating-ball* echanism, guided by 24 ball arings, seemingly friction-free.

The 300 D's automatic trans-ission is no ordinary luxury-r automatic. The shift lever is wn beside your right thigh, d can be manually actuated nen you want to select gears urself. (Note that this is a *four-*eed automatic.)

The 300 D's four caliper-type sc brakes are meant to keep pping the car squarely and fely–even after repeated hard nic stops, even in the wet.

Mercedes-Benz engineers care tle if the world knows that each brake disc measures 11 inches in diameter, or that the car's front suspension geometry is engineered to help minimize braking "nose dive." They care only that the driver is better off as a result of these and myriad other technical details.

Most powerful diesel in America

Those engineers have squeezed more power from the 300 D's five-cylinder, three-liter engine than other engineers have yet been able to extract from any other passenger car diesel–even huge V8's.

The crucial factor is *turbocharging* and its stunning extra thrust. It helps make this the best performer of any diesel automobile sold in America.

The performance story should not overshadow the efficiency story. Powerhouse that it is, the 300 D bests the mileage of virtually every luxury sedan you can buy today–with EPA numbers of 27 mpg city estimated and 33 highway.** Conventional tune-ups? Never.

No artificial ingredients

The 300 D's designers made no attempt to decorate it like a luxury car. They were too busy making it an aerodynamically clean, spatially efficient car.

Electronic cruise control, electric window lifts, AM/FM stereo radio/cassette player, bi-level climate control system–what conventional luxury sedans offer by way of conveniences, so does the 300 D Turbodiesel Sedan.

Only garishness is absent. The instrument panel is no entertainment center twinkling with gadgets but an exercise in ergonomic exactitude: white-on-black gauges, instantly activated controls, unobstructed visibility.

Seats are constructed and upholstered for the luxury of proper support on all-day drives. This explains the firmness that may startle the uninitiated.

Interior wood trim is genuine zebrano wood: handworked, fitted and finished. A small thing that epitomizes this car's unremitting honesty of design–as its 120 built-in safety features epitomize its seriousness of design.

The luxury of retained value

The 300 D Turbodiesel can point to one final advantage that no domestic luxury car can even approach: as a Mercedes-Benz Turbodiesel, it belongs to a group of cars that have been shown (according to the February 1982 *N.A.D.A. Official Used Car Guide)* to retain over *88 percent* of their original value after the first three years.

*Approximate suggested advertised delivered price at port of entry. **EPA estimate for comparison purposes. The mileage you get may vary with trip length, speed and weather. Actual highway mileage will probably be less.

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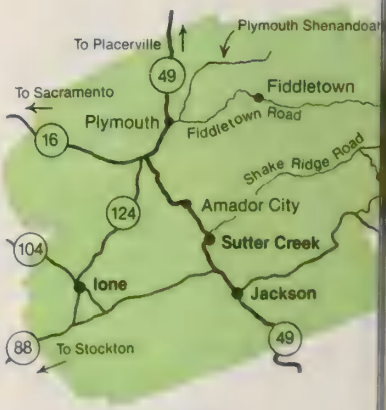
Engineered like no other car in the world

In her rose-filled *front garden in Jackson, Mildred Burns welcomes guests to The Court Street Inn*

Towns *of Amador County lie* *or near State 49 about an hour'* *east of Sacra*

The country inns and little wineries of Amador



The gold that brought the forty-niners to Amador County created a cluster of boom towns tucked into folds of the Sierra foothills in California. Jackson, Sutter Creek, Amador City, Plymouth, and Ione all remain rich in the atmosphere of mining days. Their stone buildings, wooden sidewalks, and minerabilia contribute to the sense of history that draws so many mother lode visitors.

The number of visitors, in turn, has prompted a boom in bed-and-breakfast accommodations. Though new on the scene, they capture the comfort and charm of a bygone era.

Meanwhile, Amador County has rediscovered a gold mine of a different sort: wine grapes. Hillsides once covered by abandoned vineyards have been rejuvenated, and grazing and grain-growing land now bears lush rows of vines.

Whether you're lured by its old charms or these new enticements, you'll find Amador County especially inviting later in September, when summer crowds have dispersed and the days are mellow. If you time your visit for Labor Day weekend, you can also take in Sutter Creek's Sourdough Days, a three-day celebrat Gold Rush history. For details on ties—including Kennedy Mine crafts and art exhibits, entertainme auction, and a horseshow in Plymo write or call the Amador County ber of Commerce, Box 596, J 95642; (209) 223-0350.

The wineries: small and hard work

A visit to an Amador County wine afford a look into the unique chara tics of the region, the wines, and style that mixes back-breaking ded

ray *of hand-painted signs in Amador City ludes one that led them to an ice cream rlor with benches facing State 49*

Karen Van Spanje, *one of the owners of Greenstone Winery, laughs as she recalls frantic times during the crushes of previous years*

ALENTINE ATKINSON

inting beyond *his six-year-old vines to the sometimes visible Sierra Nevada, Lee Sobon Shenandoah Vineyards explains how they temper the climate of the Shenandoah Valley*

Tailings *wheel from Kennedy Mine dominates park near Jackson*

th the romantic art of winemaking. u'll likely meet enthusiastic, energetic ners who will share the joys and sorws of operating a winery.

ost of the wineries lie in the Shenandoah lley in the northeast part of the county. ere, at 1,500 to 2,000 feet, late summer ys may reach the 90s and 100s, but then oler air rolls down from the Sierra Neda around sundown, and nights dip to ° or so. That combination helps grapes ain high acid levels as they reach matuy, an important factor in producing ll-balanced wines. Dry winds keep the vines free of moisture-related damage, and with little or no irrigation, the rich flavors of the grape are not diluted.

Zinfandel, Sauvignon Blanc, Cabernet Sauvignon: rich, full wines

For the most part, Amador County produces premium wines priced between $4 and $7.50. They are available in wine shops throughout the San Francisco Bay Area and Sacramento.

Zinfandel has traditionally been the red variety best suited to this climate. It is produced by all the wineries, but Cabernet Sauvignon and Barbera have also been successful. These are food wines, rich and full in flavor.

The white varietal most commonly produced is Sauvignon Blanc, and it has seen extensive plantings recently. White Zinfandel is also popular—the depth of the blush and sweetness vary considerably from winery to winery.

Many of the wineries buy their grapes from neighboring areas in the Sierra Nevada foothills. Some contract with vineyards elsewhere in California for grapes such as Chardonnay and Chenin Blanc,

Except for rain, *there's no watering of vines at small Argonaut Winery. Harly Harty, at right, discusses the risks and benefits*

New tasting room *at Monteviña, built just this spring, has awning-covered patio that looks out on rolling hills*

R. VALENTINE ATKINSON

Ceiling-high racks *of oak barrels surround tasters at Argonaut Winery*

A ¼-mile walk *from brand-new Greenstone Winery took these visitors to grassy picnic site overlooking a pond*

which usually cannot tolerate Amador's soaring summer heat.

Visiting the wineries: the owner may be your tour guide

This is not the Napa Valley, with corporation wineries that accommodate large numbers of visitors—although like Napa Valley wineries, many here are run by enologists trained at UC Davis. They are still family operated, producing as few as 1,000 cases or as many as 40,000 cases. (As a basis for comparison, Beaulieu Vineyard—a medium-size winery in the Napa Valley—produces up to 350,000 cases a year.) But they all welcome the serious visitor, and usually the owner conducts the tasting and tours.

Several have set hours, but many ask that you call in advance to arrange a visit and obtain directions. At harvest in September and October, all hands may be busy with the crush, with no time for visitors.

Here we list Amador County wineries open to the public. For information on wineries in El Dorado and Calaveras counties, send a self-addressed, stamped envelope to Sierra Foothill Wineries, Box 438, Somerset, Calif. 95684.

Amador Winery, Box 65, State Highway 49 at O'Neil Alley, Amador City 95601; (209) 267-5320. Produces 3,300 cases of generic wines. Open 10 to 6 daily for tasting only.

Amador Foothill Winery, 12500 Steiner Rd., Plymouth 95669; (209) 245-6307. Solar-cooled winery produces 2,000 cases per year of Zinfandel, white Zinfandel, Sauvignon Blanc, and Chenin Blanc. New plantings of Semillon. Open most weekends by appointment.

Argonaut Winery, 13675 Mount Echo Dr., Ione 95640; (209) 274-4106 or 274-2882. Owned and operated by five partners. Produces 1,500 to 2,000 cases of Zinfandel and Barbera. Experimenting with French Syrah. Open by appointment.

Baldinelli Vineyards, Route 2, Box 7A, Plymouth 95669; (209) 245-3398. Produces 7,000 cases: Zinfandel from 50-year-old vines, white Zinfandel, and Cabernet Sauvignon. Open by appointment.

Beau Val Wines, 10671 Valley Dr., Plymouth 95669; (209) 245-3281. Produces 1,000 cases of Zinfandel, Sauvignon Blanc, and white Zinfandel. Operated out of the owner's home, this small winery is open by appointment.

D'Agostini Winery, Shenandoah Rd., Plymouth 95669; (209) 245-6612. Established in 1856, now a State Historical Landmark, it produces 38,000 cases per year. The mod priced wines include several generics, Zi del, dry muscat, and sauterne. Self-gu tours and tasting daily from 9 to 4:30 e major holidays.

Greenstone Winery, State Highway 88 Jackson Valley Rd., Box 1164, Ione 9 (209) 274-2238. Produces 2,500 cases of fandel, white Zinfandel, and Colombard nicking, tours and tasting from 10 weekends.

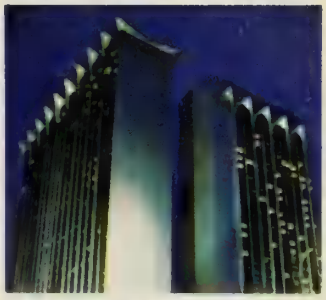
Karly Wines, 11076 Bell Rd., Box 721, outh 95669; (209) 245-3922. Produces cases of Zinfandel, Sauvignon Blanc, and bera from an 18-acre vineyard, as well as donnay from Santa Maria vineyards. Ex mental plantings of Petite Sirah. Ope appointment.

Kenworthy Vineyards, Shenandoah Rd., outh 95669; (209) 245-3198. Zinfandel, net Sauvignon, and Chardonnay total cases. Open by appointment.

Monteviña Winery, Shenandoah School Route 2, Box 30A, Plymouth 95669; (209) 6942. One of the county's best-known win Zinfandel accounts for a third of the 40 case production. Winemaker Cary Gott's f ites include Sauvignon Blanc, Special Sele Zinfandel, and the light, fruity Montino Zi del. From April through September, new t

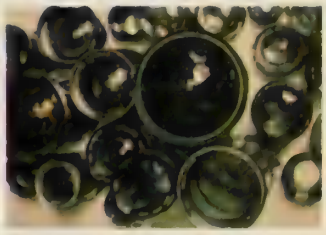
While most countries have a man in the moon, Singapore has a woman.

Many hundreds of years ago, as a result of a misunderstanding between lovers, a woman was transported to the moon. Now, during the Moon Cake Festival, lanterns are lit and moon cakes are served in sympathy for the lonely lady in the moon.



Hotels in Singapore delight in surprising you with the unusual. For example, a swimming pool on the 20th floor to give you a panoramic view of the city while you sunbathe, or a mini-golf course next to the coffee house so you can tee-off before breakfast.

In Singapore, all the culinary arts of the East are displayed. From the incredible variety of Chinese cooking styles, to the richly-spiced dishes of the Malays, Nonyas and Indonesians, you'll find every meal is a delicious adventure.



The great names in camera equipment wait to be snapped-up at duty-free prices in Singapore. And you can often bargain the price down further, with the storekeeper providing a complimentary glass of beer during the process.

Singapore

To Singapore Tourist Promotion Board
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S-9/82

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n is open 11 to 4 daily; tours by appointment. s deli food to eat on patio.

tino Wines, Steiner Rd., Plymouth 95669; 9) 245-3555. Produces 10,000 cases of Zin-del, Cabernet, Sauvignon Blanc, white Zin-del. Open by appointment; picnic facilities.

nandoah Vineyards, 12300 Steiner Rd., Ply-ıth 95669; (209) 245-3698. Produces 7,000 es of Zinfandel, Cabernet Sauvignon, and vignon Blanc, as well as muscat, port, and rry. Open weekends and holidays noon to 5, y appointment.

neridge Winery, 13862 Ridge Rd. E., Route Box 36B, Sutter Creek 95685; (209) 223-1. Produces up to 1,000 cases of red and te Zinfandels and Ruby Cabernet. Attrac- picnic grounds. Open Sundays and most urdays noon to 4, or by appointment.

ry Vineyards, 10851 Bell Rd., Plymouth 69; (209) 245-6208. Produces 7,500 cases fandel. Open by appointment only.

d-and-breakfast inns: history and neyness

d-and-breakfast inns, most as new on scene as the wineries, seem to comple-nt Amador County. The towns are all and friendly, the houses quaint and oric. There's little that's anonymous or nal. You may, however, eat breakfast elegant china and stay in rooms fur-ned with antiques. The owners are good rces for tips on restaurants and enter-nment, history and tall tales.

ch varies in size and homeyness – all mote a feeling of comfort and relax-on. In several inns, you have a choice of ms with private or shared bath. Reser-ions should be made well in advance for kend stays.

Marie's Lodgin' and Gallery, 410 Stasal Jackson 95642; (209) 223-1452. An 1892 torian with three rooms ($55); full break-. Children welcome.

Botto Country Inn, 11 Sutter Hill Rd., Sutter ek 95685; (209) 267-5519. Four rooms in an 0 Victorian farmhouse ($40). Full breakfast.

Broadway Hotel, 225 Broadway, Jackson 42; (209) 223-3503. Fifteen rooms ($40) in 1904 hotel that was originally a boarding se for miners. Full breakfast. Hot tub under ebo.

Court Street Inn, 215 Court St., Jackson 42; (209) 223-0416. Five rooms ($40 to $60) fully furnished with antiques. Listed on Na-al Register of Historic Places.

Foxes of Sutter Creek, 77 Main St., Box 159, ter Creek 95685; (209) 267-5882. One suite) to $70); full breakfast served to your door.

e House Inn, 1330 Jackson Gate Rd., Jack-95642; (209) 223-3500. Four large, com-able rooms ($35 to $70) in a stately Vic-an with garden and swimming pool.

Heirloom, 214 Shakeley Lane, Ione 95640; 9) 274-4468. An 1863 colonial brick man- with expansive private garden. Four rooms) to $65); family heirlooms and gracious-s abound. Full breakfast.

Mine House Inn, State Highway 49, Ama-City 95601; (209) 267-5900. Eight rooms 7 to $41) furnished with antiques. Coffee orange juice in the morning. Children wel-e. Swimming pool in summer.

e Eureka Street, Sutter Creek 95685; (209) -0342. Quiet charm distinguishes 1916 se right off Sutter Creek's main street. Five ns ($45 to $55), continental breakfast.

ter Creek Inn, Box 385, 75 Main St., Sutter ek 95685; (209) 267-5606. Welcoming sts since 1966, Sutter Creek Inn has 17 ns ($50 to $68), some with swinging beds fireplaces. Full breakfast. □

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1982 and classi guidebooks to Mexico

Thirteen guidebooks to Mexico, rec published or updated, offer help to tioners heading south to take advanta the devaluation of the peso. They're a at everyone from travelers who pla stay in a luxurious condominium to who want to camp. By scanning the below, you'll likely find one or more that fit your needs.

Look for these guides on the travel sh of well-stocked bookshops or ask a d to order your choice.

Fodor's Mexico 1982, edited by Alan T (Fodor's Modern Guides, New York, 198 $11.95). This 600-page guide begins wit general information on motor routes, pu transportation, history, food, and the art continues with descriptions of 10 regions Mexico, including suggestions for sightseeing, hotels, and restaurants. It's updated annually; use it to plan, but—a with all Mexico guides—anticipate som differences between published data (pric menus, road conditions) and what you'll on the scene.

Fodor's Budget Mexico '82, by Marjori Lockett (Fodor's Modern Guides, New York, 1982; $6.95). For the budget-min traveler, this 252-page book gives advice bus, train, and air transport between cit At 4½ by 7 inches, it's handy for purse pocket, with listings of economy hotels a eating places, plus concise descriptions points of interest.

Frommer's Mexico & Guatemala on $15-$20 a Day, by Tom Brosnahan and Jane Kretchman (Frommer/Pasmantier, New York, 1981; $6.95). Maps of 21 Mexico destinations are included in this 502-pag paperback (397 pages on Mexico), along with recommendations for economical h restaurants, and sightseeing.

Mexico, Exxon Travel Club (Simon & Schuster, New York, 1982; $4.95). Map and almost mile-by-mile directions for m than a dozen motor routes are included this 9-by-11-inch paperback. Compact descriptions of 33 cities and resort areas including history, points of interest, restaurants, and lodgings accompany simplified maps of each location.

Mexico 1982, by Stephen Birnbaum (Houghton Mifflin, Boston, 1981; $10.9 This 515-page paperback starts off with general trip-planning advice. A section "Diversions" provides information on fishing, golfing, horseback riding, surfing and other sports. Listed next are hotels, restaurants, and points of interest in 23 Mexico's most popular vacation cities, followed by road notes for 11 routes.

Mexico Travel Digest, by Charles and Babette Jacobs (Travel Digests, Rancho Palos Verdes, Calif., 1981; $8.95). In sometimes flowery prose, this 176-page

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paperback offers annually updated information on lodging, restaurants, shopping, public transportation, and poi of interest. It suggests activities that chil en might enjoy and lists family-oriented hot s.

The People's Guide to Backpacking, Bo ng & Camping in Mexico, by Carl Franz an Lorena Havens (John Muir Publications, Santa Fe, 1981; $10). The authors of this 398-page paperback share their personal often humorous—experiences while givi specific information on back-country customs, buying and preparing food, and camping in remote areas.

A companion volume, ***The People's Gui to Mexico*** (same publisher, $9) is for those plan an extended exploration. It offers entertaining advice on such matters as driving, finding a garage for car repairs, riding a second-class bus, how to shop in *mercado,* even how to sleep in a hammo

Old favorites recently updated

Mexico Places and Pleasures, by Kate Simon (Crowell, New York, 1979; $6.95).First published in 1962, this 408- paperback combines travel essays and guidebook-style listings. Several pages discuss indigenous crafts, good buys and where to find them, as well as not-so-goo buys. The book describes in-town walkin tours and out-of-town driving tours and g city-by-city hotel and restaurant recommendations.

Sunset Travel Guide to Mexico (Lane Bo Menlo Park, Calif., 1977; $5.95). First published in 1955, this 144-page, large-format paperback intersperses nearly 10 color photographs among descriptions of regional points of interest. Included are reports on such topics as condominium vacations, crafts, and fiestas. Each sectio begins with a locator map and "Details a glance," which include information on h to get to a particular region, its climate, a what to wear there.

The Wilhelm's Guide to All Mexico, by John, Lawrence, and Charles Wilhelm (McGraw-Hill, New York, 1978; $12.50 First published in 1959, it features vigne drawn from many years of living and traveling in Mexico along with dining, sightseeing, and hotel recommendations.

Mexico City in detail

No general guidebook can cover Mexico as thoroughly as a whole volume devoted it. One worthy newcomer:

The TraveLeer Guide to Mexico City, by Loraine Carlson (Upland Press, Chicago 1981; $4.50). A map of the underground metro system with station symbols, plus neighborhood maps, make this a useful carry-along guide. Besides hotel and restaurant recommendations, it includes detailed shopping section covering clothi handicrafts, fine art, even what to buy at Mexican bakery. A section called "Places explore" details 64 points of interest downtown.

Baja from Tijuana to Tip

The Baja Book II, by Tom Miller and El Baxter (Baja Trail Publications, Huntingt Beach, Calif., 1980; $8.95), is a guide for vehicular explorers. Satellite photograph are overlaid by highway maps keyed to r logs, interspersed with vignettes on natur history. Anchoring the 180-page paperba are descriptions of major towns, beachcombing and fishing opportunities, lists of lodging.

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Following Robert Louis Stevenson's steps in the Napa Valley

In 1880, when Robert Louis Steven journeyed to the Napa Valley from S Francisco, he had to take a ferry to O land, then ride the railway to Val Junction, take another ferry to Vall and finally ride a railway again to "mo the long green strath of Napa Vall Stevenson and his new bride stayed in Valley for a summer, living in an ab doned bunkhouse at the Silverado M on Mount St. Helena. He recounted

Owner's home *graces Schramsberg Vineyards where visitors study 1873 grape press*

© Eastman Kodak Company, 1982

If you care about your pictures

nze bust *of lean-featured venson is on view in Silverado Museum, St. Helena*

JERRY FREDRICK

On Mount St. Helena *in Robert Louis Stevenson State Park, hikers pause for group picture. They're just a short distance from the historical marker at the bunkhouse site*

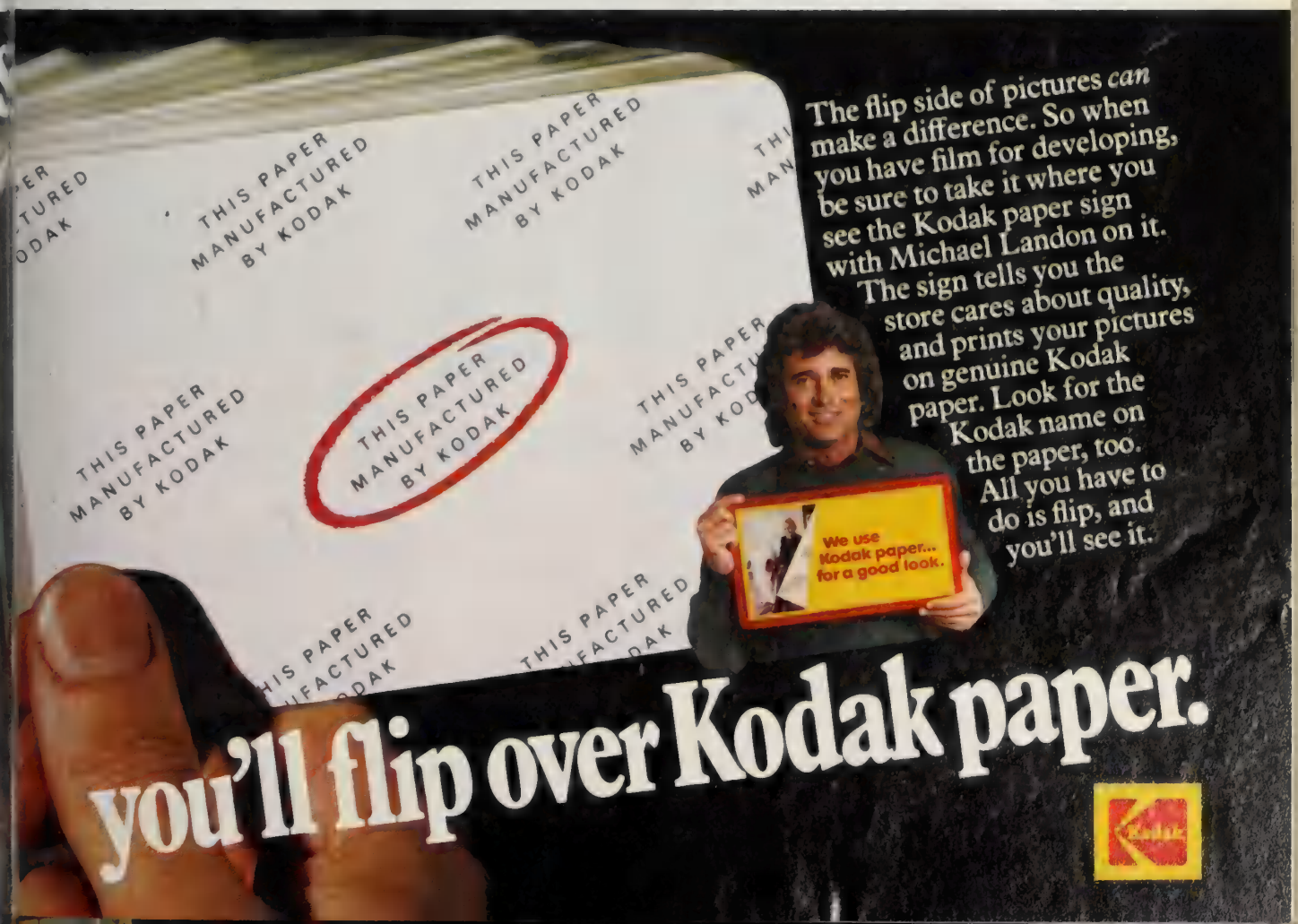
entures in his book *The Silverado atters.*

lay's Napa Valley visitors, traveling ily by highway, can retrace some of venson's travels and acquaint themves with his era. We've devised a four- Stevenson tour that takes you first to useum in St. Helena, then to a cham- ne cellar and another museum in Caoga, and finally up winding State Highway 29 to Robert Louis Stevenson State Park and Mount St. Helena.

You can complete the tour in one long day or in two more relaxed days interspersed with some wine tasting. Casual, cool clothes (September is usually warm) and comfortable walking shoes are appropriate. In planning your tour, note the visiting hours and arrangements in our listings. Entrance to all sites is free.

In St. Helena . . . memorabilia and a special show on Samoa

The Silverado Museum, at 1490 Library Lane in St. Helena, is open Tuesday through Sunday from noon to 4. In a peaceful setting next door to the Napa Valley Wine Library and adjacent to vineyards, it houses one of the world's largest collections of Stevenson artifacts. You'll see numerous photographs, letters and



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manuscripts, first editions of his bookshelf, inkwell, as well as a replica of the bunkhouse where he and Fanny honeymooned. This month, a special exhibit titled "Samoa: The Last Home of Robert Louis Stevenson" includes books and letters he wrote in Samoa and copies of the two books he was working on—*St. Ives* and *Weir of Hermiston*—when he died there in 1894.

At Jacob Schram's old winery . . . the wine cellar Stevenson visited

Schramsberg Vineyards, on Schramsberg Road in the hills of Calistoga, is now open for tours Monday through Saturday by appointment only; call (707) 942-4558. Here, on top of a windy, forested ridge, you'll see the original home of Jacob Schram and the accompanying 120-year-old tunnels and wine cellars. After Stevenson visited here in 1880, tasting the different wines, he described Schram's home in *The Silverado Squatters* as "trimness, varnish, flowers, and sunshine among the tangled wildwood."

Today, Schramsberg is dedicated to the production of champagne. Tours gather in front of the hillside tunnels, walk past the Schram home, and down the path into the cellars (sales but no tasting).

In Calistoga . . . a museum and cottage to recall the days of the pioneers

The Sharpsteen Museum and Sam Brannan Cottage, at 1311 Washington Street, are open daily through Labor Day, and Friday through Monday from 10 to 4, other days by appointment (call 707/942-5911). For a sense of life in Calistoga during Stevenson's time in the Valley, look at the finely detailed diorama-shadowbox model of Calistoga in 1865, the restored 19th-century Napa and Lake County stagecoach, and other period artifacts.

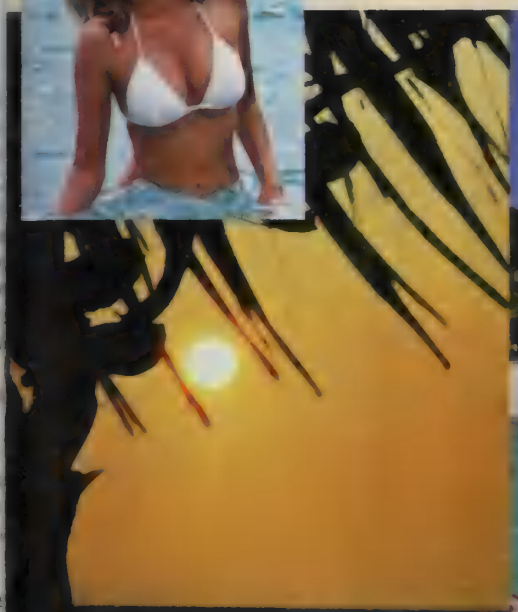
Adjacent to the museum is a refurbished and richly furnished cottage from Sam Brannan's spa, said to be the cottage Stevenson occupied during his visit there.

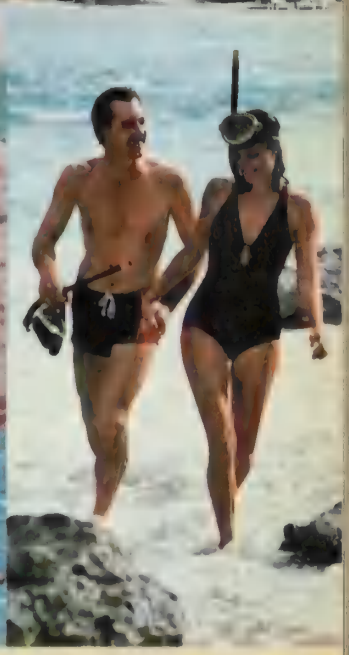
In Stevenson's namesake park . . . picnic tables, trails, the honeymoon site

Robert Louis Stevenson State Park is along State 29 about 5 miles north of Calistoga; it's open dawn to dusk. About a mile up the self-guided, woodsy nature trail (starting near the parking lot) a small granite monument marks the site of the bunkhouse where Stevenson and his wife honeymooned for about two months. "Here," Stevenson wrote in *The Silverado Squatters*, "the handiwork of man [the abandoned mine] lay ruined, but the plants were alive and thriving; the view below was fresh with the colors of nature."

The walk offers a shady reprieve from the warmth of the valley. Hardier hikers may want to continue another 4 miles to the 4,343-foot summit of Mount St. Helena for a breathtaking view of valleys, mountains, and soaring hawks. There are picnic tables at the base of the park, but no water and no rest rooms.

If you have $500 to spend on your vacation, we'll help you make the most of it.





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Staying at guest houses and temple in Japan

For adventurous travelers in Japan, overnight stay at a *shukubo* (temple lod ing) or *minshuku* (family-run gue house) can be the highlight of a tr While these no-frills accommodatio may not provide free toothbrushes or p vate baths, they offer a glimpse of Jap nese life you won't find in large tour hotels—and at a fraction of the cost ($ per night, breakfast included, at a sh kubo; $20 per night, breakfast and dinn included, at a minshuku).

In both lodgings, you leave your shoes the door; garb yourself in a yukata (cott kimono) and slippers, where provided; e joy meals that might include such delic cies as bean curd, steamed fish, and pic led vegetables; warm yourself in a tiled wooden soaking tub—with or without ot er guests; make your own bed (a comfor ably cushioned pad and puffy quilt); a sleep on the floor.

At a shukubo, hosts are usually nuns

GTV 6/2.5 Coupé

Long after your friends have traded in the cars they settled for, you'll still be re-discovering the joys of owning a GTV 6. Because there's a lot to love about the GTV 6. When Road & Track tested it against the Datsun 280ZX Turbo and Porsche 924 Turbo, the GTV 6 won handily. Later, they called it, "the best Sports GT for the '80's."

The engine "is a joy, revving and pulling smoothly through its range ...", a muscular 2.5 litre V6 with Bosch L-Jetronic fuel injection for punch. Also, as you would expect from a car in the classical GT mold, the GTV 6 has over-sized 4-wheel disc brakes for when more power isn't the answer. The suspension is independent up front and the rare deDion design in the rear. Taken as a total, the GTV 6 system is unique, and provides handling qualities well-known for impressing drivers the first time out.

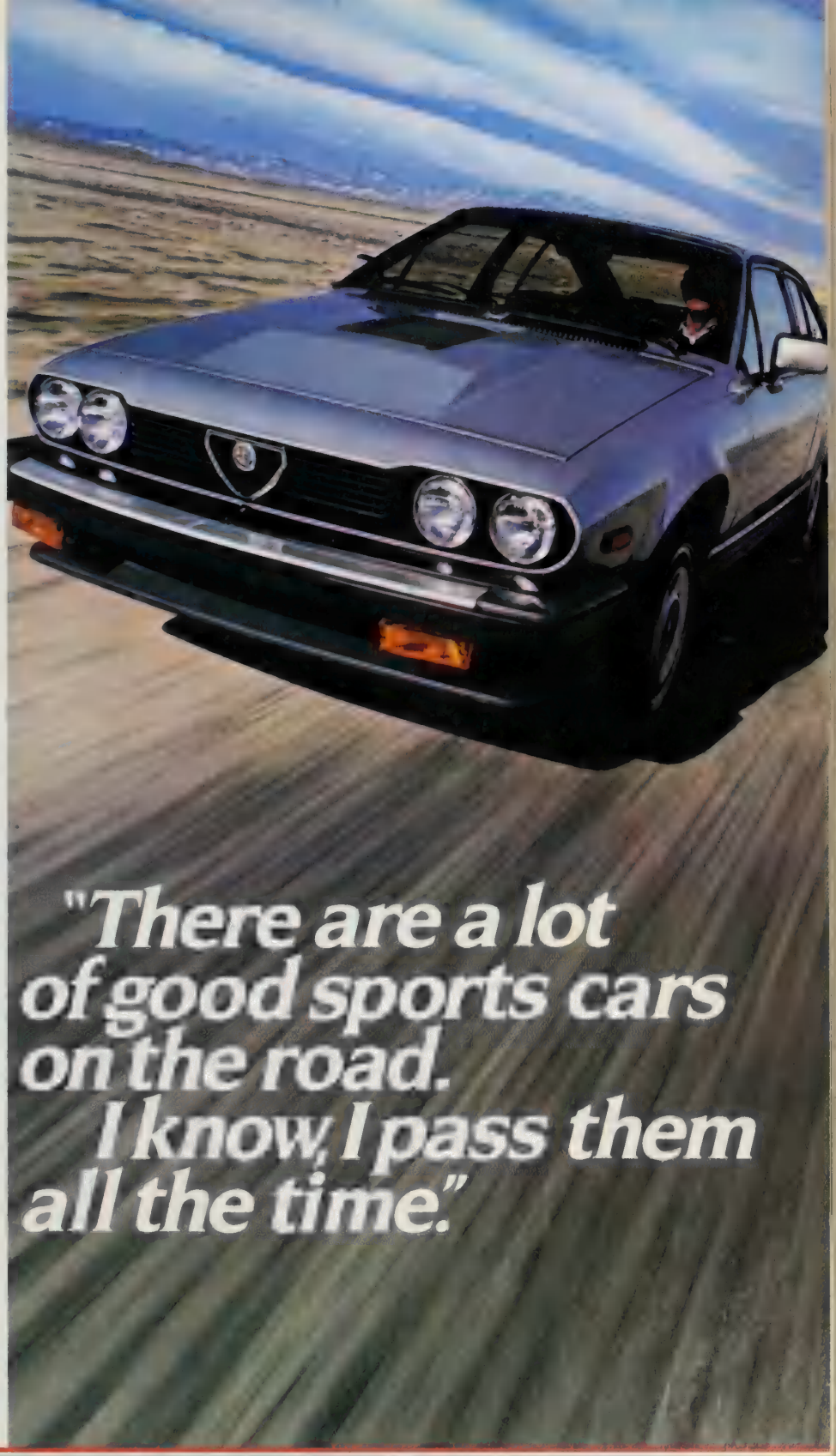
Which leaves its looks. There are no two ways about it, the GTV 6 is a stopper, no pun intended. The interior is the renowned Alfa Romeo blend of sensibility and sensuality.

Road & Track summed up the GTV 6 thusly, "No twist, no wiggle, no rattles, no bad habits. Real quality."

But a car of this quality cannot be stamped out like others that have compromised themselves into a less than GT class. If you become one of the few thousand drivers who get to own one, every road will remind you that the GTV 6 is genuine automotive art.

Particularly when you pass all the other cars that aren't.

The Spider Veloce



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l in ■ **yukata** *(cotton kimono),*
shuku guest makes her own bed,
ton (quilt) on ■ mat-covered floor

ıks (most don't speak English), who around silently at daily chores. Spar- rooms often overlook lovingly tended dens designed to inspire quiet contem- ion. The whang of a gong might sum- ı you to an adjacent temple for early ices, causing you to grumble as you ffle sleepily through the gray dawn t. But listening to chants by candle- t in an ornate old temple can be orgettable.

ı **minshuku,** guests are treated like one he family. About 140 international shuku (those catering to foreign tour-) are scattered throughout Japan. ıe are similar to ryokan (Japanese), while others are guest rooms in nhouses or private homes. Meals are ed family-style.

en, the host is a resident sage who will tales of local folklore or steer you to nts not described in guidebooks. (If host doesn't speak English, he'll prob- have a student volunteer on hand who s.)

s of these lodgings are available free ı the Japan National Tourist Office, 7 Post St., #6, San Francisco 94115. r chances of getting a room are best if make reservations at least a month ıd. See your travel agent or the Japan vel Bureau (360 Post St., San Francis- 4108, or 624 S. Grand Ave., Los An- s 90017). □

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Autumn angler, *wearing chest waders, flycasts for brown trout on spawning run in Yellowstone River*

The browns are running in and around Yellowstone

Golden aspen and brown trout lure autumn visitors to Yellowstone National Park. For a grand color drive, see page 70. For a brief report on fishing and fall accommodations, read on.

Angling for big browns. Fishermen who live in Yellowstone country—where Idaho, Montana, and Wyoming meet—agree that fall is the best time for browns. These trout, averaging 2 to 4 pounds, are now heading upstream to spawn, within a limited range. Some of the most likely spots to find them include a 3-mile stretch of the Lewis River between Shoshone and Lewis lakes, the Gardner River just upstream from its confluence with the Yellowstone River, and the Madison River above Hebgen Lake.

Fly fishermen should plan to take along streamer patterns, including muddlers, marabous, and woolly buggers. Or seek recommended flies—and advice—at any of the well-stocked shops in the area. For more on trout angling in Yellowston the May 1981 *Sunset*.

Autumn lodging. At Mammoth Springs, the hotel stays open until tember 19, the lodge and cabins unti tember 26. The Yellowstone Lake will be open until September 28. Th Faithful Inn doesn't close until O 17. Rates range from $50 for very fortable rooms to $9 for rustic cabin lodging information, write to TWA vices, Yellowstone National Park, 82190; or call (307) 344-7311.

Car campsites cost $5 and $6 per back-country campsites require a (free) from a park ranger station. Pa trance fee is $2 per car.

Directories of other area accomm tions, state fishing regulations, an maps are available from the Mo Travel Bureau, Room A, Helena 5 (406) 449-2654 or (800) 548-3390.

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At Paso Robles *Mineral Hot Springs, adjoining indoor pools are set at 92° and 102° respectively. Newly restored resort dates from 1917*

MARTHA WOO

Avila Hot Springs, *south of San Luis Obispo, has welcomed soakers since 1907*

Three spas invite you to soak in San Luis Obispo County

Sycamore Mineral Springs *offers two-person outdoor tubs; others can hold up to 50*

Bath, Baden-Baden, Paso Robles? Well, maybe the San Luis Obispo County town never quite attained the dizzying social position achieved by some European resorts, but it came surprisingly close. Throughout the early 1900s, the wealthy and famous depended on Paso Robles' naturally heated water to help them recoup from the rigors of wealth and fame.

Now, after a hiatus of some years, the Paso Robles Mineral Hot Springs has been restored to join two other venerable spas near Avila Beach. They make relaxing goals for a weekend trip or muscle-soothing detours for travelers on U.S. 101. Here we list them north to south.

Paso Robles. *The Paso Robles Mineral Hot Springs* today looks even spiffier than it did in the years when Jan Paderewski, pianist and prime minister of Poland, and William Ralston, San Francisco millionaire, used to immerse themselves in its waters. Spa contains steam room, indoor pools; rates are $10 (unlimited time). There are also sunken private baths at $12.50 an hour. A pleasant restaurant, Perry's, adjoins. The springs are open 10 to 10 daily.

From U.S. 101, take Spring Street exit and drive over the railroad crossing (not well marked). For more details, call or write to the springs, Route 2, Box 301, Paso Robles, Calif. 93446; (805) 238-6221.

Avila Beach. *Avila Hot Springs,* once a boozy stopover for Hollywood stars enroute to weekends with William Randolph Hearst at San Simeon, has become more sedate and family-oriented in later life. It has outdoor pools ($4 all day) and private baths ($5 an hour). Open 9 AM to 10 PM daily.

From U.S. 101, take the Avila Road exit; the spa will be on your right. For details, call or write to the springs, Route 1, Box 150, San Luis Obispo 93401; (805) 595-2359.

Sycamore Mineral Springs' village of hot tu scattered up and down oak-shaded hills is popular among Cal Poly students. The main building contains a small cafe; a 10-room ho (in-room spas) has been built next door. The tubs are open 24 hours daily; rates begin at $ per person per hour.

To get there, follow the road to Avila Hot Springs and continue ½ mile farther; Sycamore will be on your left. For details, ca or write to the springs, Route 1, Box 158, Sa Luis Obispo 93401; (805) 595-7302.

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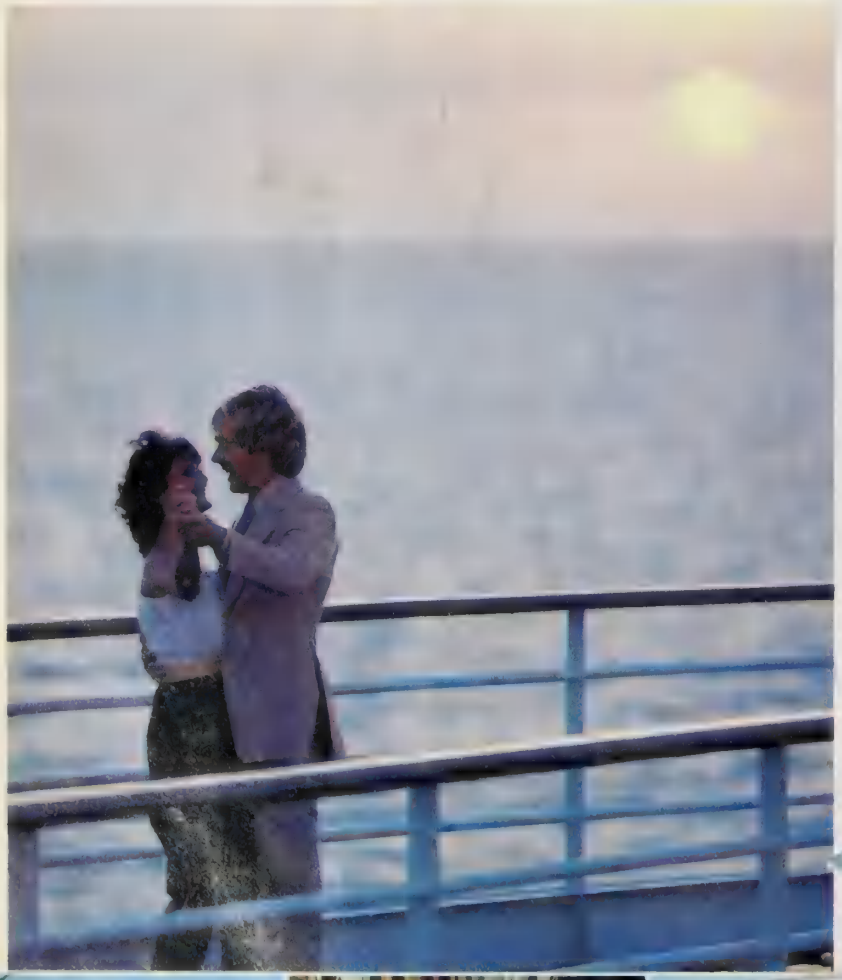

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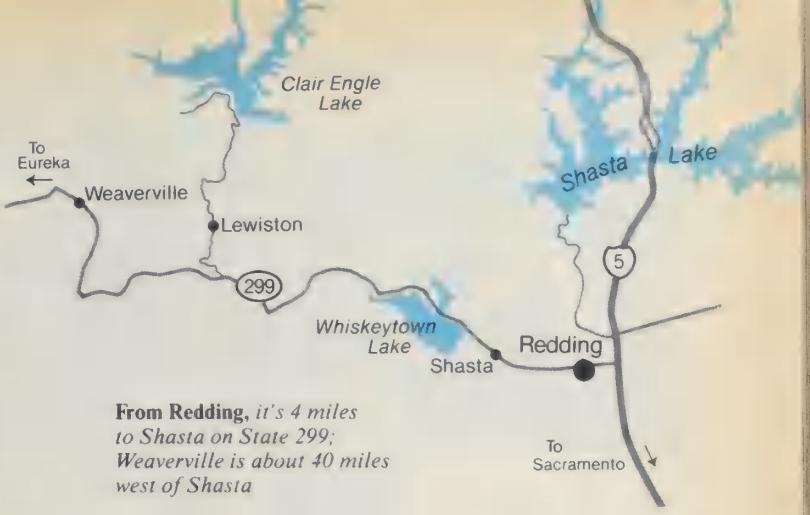
nly sturdy strand *of nooseless rope gets at Shasta Courthouse gallows*



From Redding, *it's 4 miles to Shasta on State 299; Weaverville is about 40 miles west of Shasta*

Weaverville's Joss House, *built in 1874, is the oldest continuously used Chinese temple in California. Guided tours run hourly*

Turning off I-5 for gold rush history . . . Shasta to Weaverville

White-painted balconies *and airy spiral staircase grace Main Street of Weaverville, a former gold-mining boomtown*

gold fever that began at Sutter's Mill have struck the Sierra foothills hard- but it spread to other parts of Califor- as well. One upper Sacramento Valley neer, Pierson Reading, visited the mill was so convinced of the similarity be- en Sutter's property and his own that ushed home and started digging. He right. Another rush began.

ay's traveler on Interstate 5 can catch e than a little of the gold fever by turn- off at Redding and driving west along e Highway 299, which winds through e fine, pine-screened scenery and s to two state historic parks.

Shasta State Historic Park

Three miles west of Redding, the park's gaping brick ruins may look at first glance like nothing more than prime candidates for (or victims of) some hurried urban renewal. But in the years following Redding's discovery, this was the hub of the far northern mining district and the seat of Shasta County.

Two of the buildings have been restored. The Litsch Store, which supplied Shasta City with food and dry goods from 1856 to

Ski Yosemite.

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1961, is once again filled with perio[illegible] chandise. It will be open through mi[illegible] tember, possibly longer if volunte[illegible] available to staff it.

Across the street, the 1855 courthou[illegible] contains photographs, artifacts, and [illegible] that portray the life of a Shasta Cit[illegible] miner. Wrote one rueful argonaut [illegible] mother: "There is much truth to th[illegible] ing, it is not all gold that glitters. If i[illegible] would have been home a long time a[illegible]"

Because this was a hall of justice, [illegible] rooms are devoted to legal matter[illegible] basement contains a row of jail cells [illegible] collection of balls and chains, [illegible] knuckles, and other gloomy devices. [illegible] worst malfeasants swung from the g[illegible] at the rear of the building.

More cheerful are the rooms devo[illegible] the Mae Helen Bacon Boggs collec[illegible] surprisingly good grouping of 19th [illegible] 20th-century California paintings, i[illegible] ing one by Maynard Dixon.

The park is open daily from 10 to [illegible] mission is 50 cents, 25 cents for chil[illegible]

Whiskeytown Lake: trout fishing, shore camping

Three miles west of Shasta, you'll [illegible] Whiskeytown Lake National Recre[illegible] Area, whose banks hold two campgr[illegible] (first-come basis; $5 a night). The l[illegible] stocked with rainbow and brown [illegible] Boat rentals are available at the ma[illegible] adjacent to the campgrounds. There [illegible] nicking as well.

Weaverville: spiral staircase, Taoist Temple at Joss House

Continue about 40 miles west and [illegible] reach another boomtown of the nor[illegible] mines: Weaverville, which mainta[illegible] pokey charm. On Main Street, you'[illegible] an architectural feature unmatched [illegible] where else in California: exterior [illegible] staircases, designed to save on in[illegible] space in the days when property on [illegible] fetched premium prices.

At 508 Main is the J.J. (Jake) Ja[illegible] Museum, open daily (until Novembe[illegible] from 10 to 5; free admission. It ho[illegible] handsomely displayed collection of [illegible] ity County memorabilia, including [illegible] brassy firefighting equipment.

Next door is the Weaverville Joss H[illegible] State Historic Park, which has its [illegible] small museum, an ornate Taoist Te[illegible] priest quarters, and adjoining me[illegible] rooms that served a once-sizable Ch[illegible] community drawn here by the mines. [illegible] words written on one sign reveal a s[illegible] ment akin to that voiced by the S[illegible] City miner: "May you find your fo[illegible] quickly so you can go home soon."

The Joss House is open from 10 to 5 [illegible] with tours every hour. (Budget res[illegible] tions may cause hours to change; call [illegible] 623-5284 for updated hours.) Admi[illegible] is 50 cents for adults, 25 cents for [illegible] dren, but the entry fee to Shasta als[illegible] cludes the Joss House.

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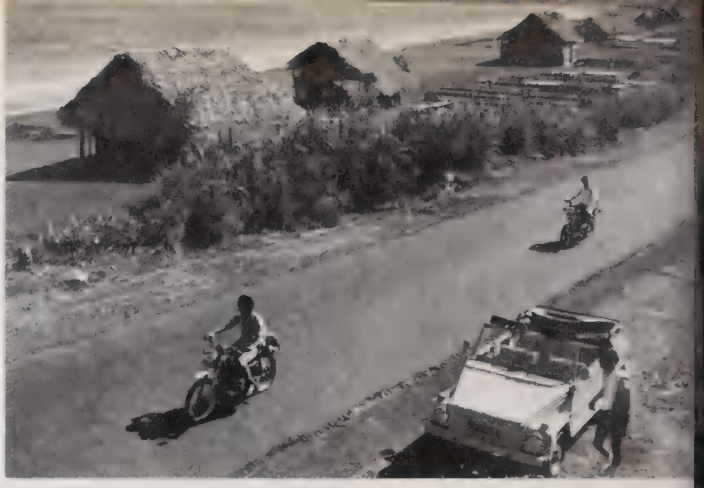
At Mengwi temple, *Balinese woman demonstrates sarong weaving techniques to young girls*



Motorcycles *or rental cars take you to coast east of Klungkung where thatched-roof shelters for fishermen line deserted black sand beaches*

Intricately terraced *rice fields shimmer in the morning mist at Tirtagangga Water Palace near Karangasem*

Day trips *on B take you to cr villages, mountai deserted beac*

Exploring Bali . . . craft villages, rice fields, black sand beaches

One of Indonesia's major tourist centers, Bali is renowned for its fine beaches and hospitable people. Each year thousands of visitors flock to Sanur, Denpasar, or Kuta on the island's south coast. But the real scenery of Bali is found away from tourist centers, at lush terraced rice fields, volcanoes, and temple complexes, and in the simple life style of these charming people.

If you get into the daily rhythm of the Balinese, you'll rise when the cock crows — perhaps in time to see rice and incense offerings being placed in roadside shrines, or rice farmers herding their ducks to the paddies. Graceful women in long colorful skirts attend to their affairs while balancing everything on their heads. You may run into temple festivals or evening dance performances.

There are several ways to explore Bali. Tour companies cover some of the upcountry attractions (from $4 for a day tour). Your hotel can help you arrange for a car and driver (from $40 a day). Travelers undaunted by Denpasar's traffic c drive a rental vehicle on the "wrong" si of well-maintained roads (cars from $. motorcycles from $5 a day). Or flag do a *bemo* (open-end truck) and travel about $1 a day.

Short excursions to craft villages

If the jewelry, carvings, and paintings sale in the coastal tourist centers inter you, visit nearby villages where they produced. Quality is better and prices

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Student *at Tilem Gallery deftly chisels elaborate wooden bird and flower panel*

lower, though bargaining is still a must. Tours stop at preselected showrooms but don't allow much time for browsing. For a leisurely visit, travel from Denpasar by bemo. Bemo attendants speak English and can help with directions.

Plan to arrive in Batubulan for the 10 A.M. performance of the *barong* dance—with the beautifully mirrored and tasseled barong (mythical dragon-like lion) and colorfully dressed *gamelan* (percussion) orchestra. Stone carvings and garden statuary are village specialties.

Hop aboard another bemo to nearby Celuk. The showier silver jewelry outlets are on the south end of town, but on dustier side lanes you'll hear the tapping of jewelers at work in their small shops.

You'll transfer bemos a short distance north to go to Mas, the woodcarvers' village. Before exploring smaller shops, visit the Tilem and Rodja galleries to view top-quality carvings.

Another short bemo ride takes you to Ubud in time for a late lunch. Here you'll find gallery after gallery of paintings—from traditional works to colorful paintings of daily life. If there is a style you like, talk to the dealers, who may show you their private collections.

Longer trips to mountains, temples, deserted beaches

To sample scenic Bali, we suggest two to three days on the road. Most villages offer the barest *losmen* lodgings (a cot in a thatched-roof room for $2 to $4). But since the island is only 50 miles long and 85 miles wide, you can see most sight[illegible] extended day trips (traveling at 20 [illegible] mph). Simple chicken or vegetable [illegible] rice dishes and fresh fruit are alw[illegible] available for meals.

From Denpasar, travel northeast to G[illegible]yar. Visit the weaving center here, w[illegible] children weave and prepare threads [illegible] dyeing. Klungkung has interesting [illegible] shops and markets. (Go north here to [illegible] Besakih, holiest temple in Bali.) F[illegible] Klungkung, continue past fields [illegible] beaches to Karangasem. A mile wes[illegible] town, turn inland and visit Tirtagan[illegible] Water Palace, where mountain stre[illegible] feed beautiful swimming pools. (Here [illegible] found a losmen with meals for $8 for t[illegible]

Another long day trip from Denpasar t[illegible] you to Gianyar, where you turn nort[illegible] Bangli (easily accessible temple and l[illegible] market) on your way to the cooler m[illegible]tains and views of Mount Batur. Cont[illegible] to Singaraja on the north coast. Wes[illegible] town you'll find quiet black sand beac[illegible] good snorkeling, and losmens. Retur[illegible] south to Denpasar, you'll pass peac[illegible] Lake Bratan. Farther south, Mengwi h[illegible] beautiful moated temple complex.

For further information on Bali and I[illegible]nesia, write to the Indonesian Tou[illegible] Promotion Office, 323 Geary St., [illegible] Francisco 94102.

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Standing clear *of the smoke, Seabird hostess Auntie Pua flips burgers at Hulopoe Beach*

Sailing from Maui to Lanai . . . lunch, town tour, snorkeling

Flanked *by rugged cliffs and a tree-shaded beach, tiny Manele harbor is drop-off point for day-trippers*

Rising from the sea like a giant humpback whale, Hawaii's windswept pineapple island of Lanai offers a variety of pleasures to day-trippers from Maui: snorkeling in reef-shrouded bays, fishing, picnicking on a white sand beach.

And it's surprisingly accessible: weather permitting, four charter operators run cruises from Lahaina—with plenty of time on Lanai for lunch, touring, and swimming—all year (except holidays). Boats leave Lahaina early in the morning and cross the 'Au 'au Channel to Lanai's Manele Bay. Depending on the operator, craft range from a huge, double-hulled catamaran carrying 101 passengers to a classic sailboat carrying 36 passengers. The 8-mile trip takes about 2 hours on sailing vessels, 45 minutes by power boat.

Along the way, you'll be served a continental breakfast that might include Kona coffee, sweet rolls, and pineapple. If you stay on deck, you might spot schools of porpoises leaping playfully through the waves close by.

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board a van for a tour (about 1½ hou that might include a drive inland thru rolling green pineapple fields crisscros with red dirt roads to tiny, clapboard nai City.

At Hulopoe Bay Marine Reserve (a minute walk from Manele Bay), you observe a variety of rainbow-colored in the clear water (snorkeling equip is provided) or explore tidepools nestl brown lava rock. Lunch is usually a ba cue—hamburgers or teriyaki beef perhaps fresh fruit—served buffet-s from a flower-decked table under trees.

Return trips, which reach Lahaina l the afternoon, might include mai tais a serenade of Hawaiian songs by o the hosts.

Catamaran, trimaran, three-master, or powerboat

These operators request reservatio least a couple of days in advance:

Seabird Cruises, 120 Dickenson St., Draw 1553, Lahaina, Maui 96761; (808) 661-3 The 65-foot sailing catamarans *Aikane II* passengers) or *Onomana* (120 passengers 65-foot ketch *Viajero* (36 passengers) dep from Lahaina at 7:45 A.M. Monday throug Friday. Cost ($50 per person, $25 for chil under 12) includes breakfast, lunch, and transfer from Kaanapali hotels. Optional tour to Lanai City costs $7 for adults, $3. for children.

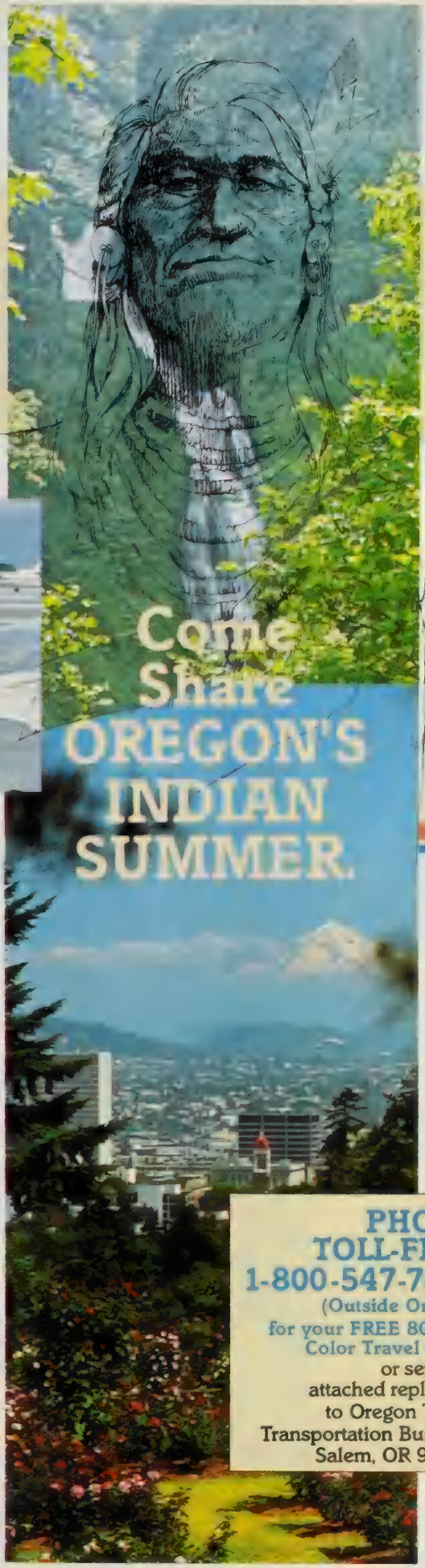
Trilogy Excursions, Box 1121, Lahaina, M 96761; (808) 661-4743. Two sailing trima 40-foot Kai'ana (16 passengers) and 50-fo Trilogy (20 passengers), depart Lahaina a A.M. Monday through Friday. Cost of $80 person (kids 12 and under, $60) includes breakfast, lunch, and an escorted 1½-hour of Lanai.

Windjammer Cruises, Box 99, Honolulu 96810; from the mainland, call toll-free (8 367-5000; on Maui, call 667-6834. Three-masted sailboat *Spirit of Windjammer* (1 passengers) departs Lahaina at 8 A.M. Mo through Friday. Cost of $55 per person includes breakfast, lunch, a Lanai City tou and free transportation from Kaanapali be hotels. Saturday and Sunday trips ($39.50 adults, $29.50 for children) depart Lahain 8:30 A.M. and include lunch at the quaint Lanai instead of a beach barbecue.

Unicorn Tours, 145 N. Kihei Rd., Kihei, M 96753; (808) 879-6333. The 47-foot powerboat Unicorn I (49 passengers) dep Lahaina Thursdays at 9 A.M. Cost ($54 for adults, $27 for children) includes continen breakfast, a bus tour of Lanai, snorkeling, lunch at Hotel Lanai.

On Wednesday, Saturday, and Sunday, Unicorn also runs full-day cruises to Lana and nearby Molokai (half day at each). C ($76 for adults, $38 for children) includes continental breakfast, Lanai tour, and lun with entertainment on Molokai. Write to Unicorn Tours of Hawaii, Inc., 145 N. Ki Rd., Kihei, Maui 96753; (808) 879-6333.

Cruises aboard smaller sailboats are available. For information on these an cruises from Maui, call the Lahaina tivity Center at (808) 667-9718 or Maui Visitor Information and Act Center at (808) 661-8340.



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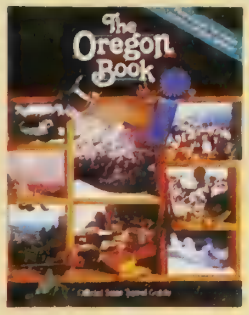


Fresh-scooped cup *of gelato goes over the counter to customer at Gelato Classico in San Francisco's North Beach*

Gelato explosion . . . more than a dozen *gelaterias* in the Bay Area

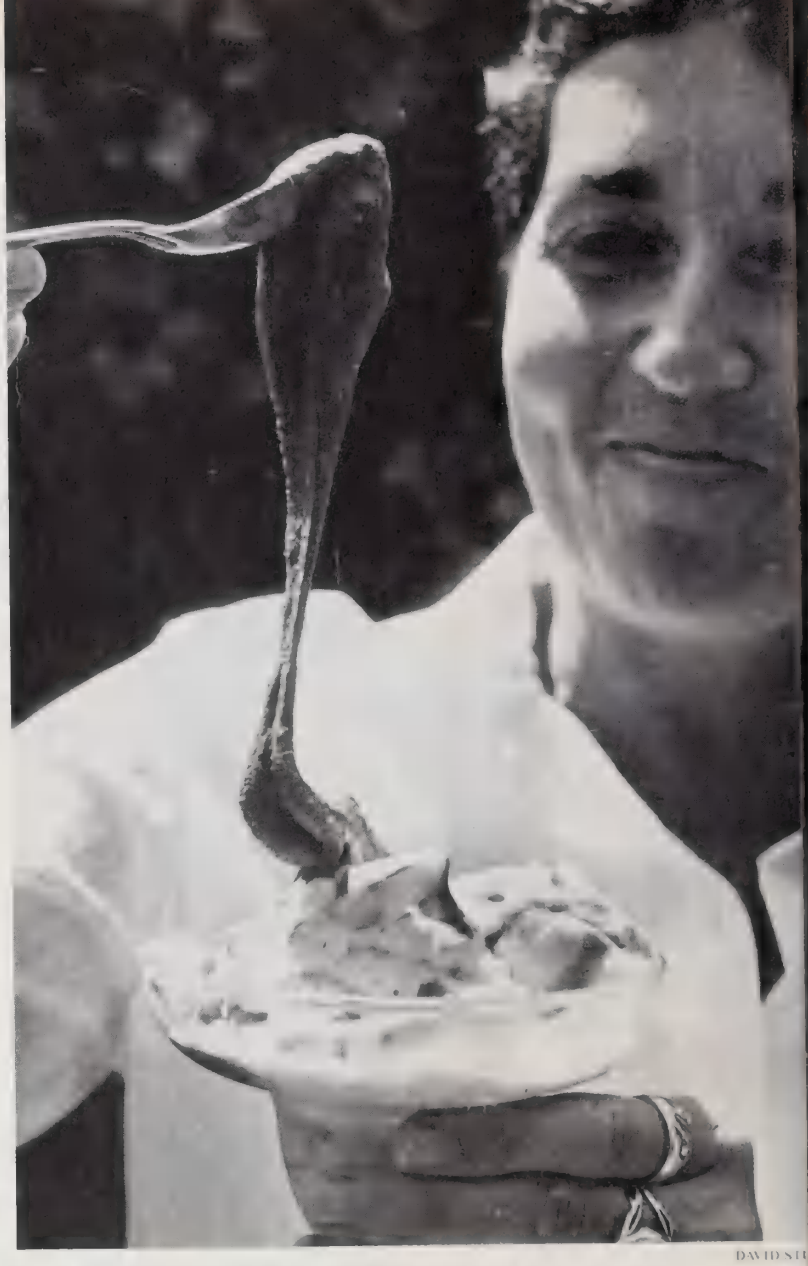
Over the years around San Francisco Bay, Italian-Americans have introduced neighbors and visitors to culinary delights ranging from antipasto to zabaglione. Now another Italian treat is winning Bay Area devotees. It's called *gelato* — a smooth Italian-style ice cream that's thicker (having less air) than American-style ice cream.

We show how to make gelato on page 87. But if you'd like to sample some flavors before you make your own, or if you'd simply enjoy a cool break in your travels, a number of shops serve gelato. We've learned of 18 *gelaterias;* more are popping up all the time.

These often small shops serve flavors that tend toward Italian traditional: almond (*amaretto*), chocolate, filbert or hazelnut (*nocciola*), a chocolate-hazelnut blend called *gianduia*. Servers use a flat trowel instead of the usual scoop to dip gelato; most serve it in cups. A small cup of gelato costs 75 cents to $1; a pint runs around $3. Most shops also serve espresso and pastry.

SAN FRANCISCO

Gelato Classico has four shops: 576 Union Street in North Beach, 2223 Chestnut Street, 2211 Filbert Street, and 201 Parnassus Ave-



DAVID STE

Rich ribbon *of chocolate gelato oozes down onto a layer of blackberry cream served in goblet at Vivoli's*

Neon signature *on glazed tile and gleaming metal columns announce Figaro in Oakland, a gelateria with high-tech Italian dec*

SUNSE

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3. We're splendidly British, and decidedly Old World. We drive on the left, take tea at 4, go daft over cricket, and wear Bermuda shorts everywhere. Perhaps, though, it's our people who stamp us reassuringly Old World: how astonishing, these days, to encounter shopkeepers who thank you even when you don't buy.

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nue. These tiny shops (no sit-down areas) ally offer a dozen flavors, including *c mista* (chocolate-pistachio), mocha chip, fresh peanut. Open noon to 11 daily e Monday.

Gino Gelateria, 701 Columbus Avenu North Beach. Adjacent to a ravioli fac Gino's makes some 27 flavors from noccio *rosa* (rose). Expresso and pastry are served. Open daily 6:30 to midnight.

The Latest Scoop, 4077 18th Street near tro Street. This tiny shop with eight table 15 flavors from amaretto to *riso* (rice pudd it also serves milkshakes, espresso, some tries. Open noon to midnight daily. (Sh 2430 Durant Avenue, Berkeley, opens soon

Perché No? Gelato has two stores, at 1475 Street and 348 Columbus Avenue; both s and decorated with murals of Italy. Some side tables. Offers 16 flavors—fresh ban strawberry, espresso—made on premises. 11 to 11 daily, to midnight weekends.

Roma Italian Ice Cream, 534 Irving Street Seventh Avenue. Decked in marble flo and colored by Italian stained glass, this s store offers amaretto, chocolate mousse, p chio, and 20 other flavors. Espresso and p also served. Open 11 to 11 daily.

EAST BAY

Figaro, 5554 College Avenue, Oakland. shop's design is a dessert for the eyes: It high-tech style, with outside tables in shelt alcove. Choose from banana-walnut, m fresh fruit flavors, and more; espresso and try also served. Open noon to 11 Sunda Thursday, to midnight Friday and Saturda

Vivoli's has two shops in Berkeley: 2115 Al Way and 2122 Vine Street. These small s usually offer 10 flavors (some seasonally) as mocha almond fudge, pumpkin, zabagl Open noon to 11 Sunday to Thursday, to night Friday and Saturday.

PENINSULA AND SOUTH

Romolo's, 81 W. 37th Avenue, San M This family-run store, with four tables, s 10 flavors, including cantaloupe, peach, fresh-ground coffee bean. Open noon to 11 ly except Monday.

Bravo Fono on the north edge of Sta Shopping Center on El Camino Real in Alto. Tempting bins (pictured on page 86) a dozen flavors, including amaretto, gian and rum raisin; *sorbettos* (ices) are served You can also sample espresso and pastri have lunch or dinner. Open 11 to 9 Mo through Saturday, noon to 5 Sunday.

Gelato Classico, 421 Alma Street in Palo is the peninsular offspring of the four in Francisco.

Gelateria Italia and Restaurant, 251 C Street, Aptos. Off a wisteria-draped court this gelateria serves a dozen flavors, inclu chestnut, coffee, pistachio, raspberry. Th also an espresso bar. Open 11:30 to 10 except Monday.

Gelato Mio, #6 Monterey Fisherman's W Just opened; fashioned after modern Mila lato bars—mirrors, stainless steel. Over 3 vors (eight at any one time) from *cren* watermelon. Open 8 to 9:30 daily.

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Fiery pigments consume *a fallen aspen leaf; note its delicate veins*

Glory season in the West's aspen country

Fall color is unpredictable, fleeting, spectacular. Here are aspen viewing drives in 11 states

ıouncing autumn with a splash of color a shower of leaves, aspen are the st's premier fall foliage tree. By mid-ɔtember, mountaintops and cool amsides will be streaked with blazes of l and orange—blazes that quickly ɜad to entire groves.

aspen color season is short—barely a ıth from mountaintop start to valley-r finish—and highly susceptible to the ms of weather, but it is well worth brating.

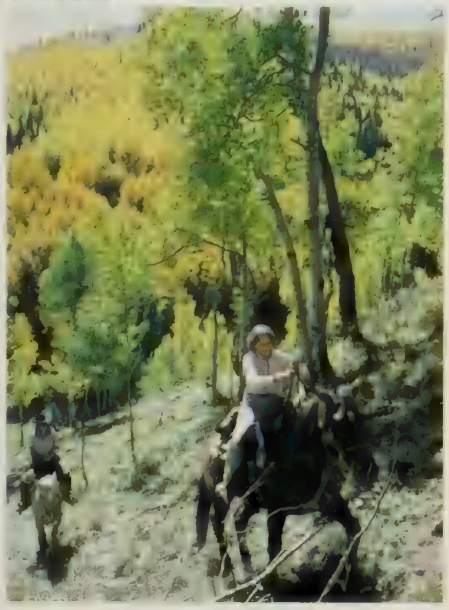
ıugh the biggest aspen displays are in Rockies and Utah's high country, ller but equally colorful stands can be ıd throughout the West. On page 73 nap the tree's Western range and offer e-by-state suggestions for more than a e of aspen-viewing drives.

tember can be one of the best times for gh-country visit. Days are just warm ugh for long hikes on color-canopied ls. Except in Colorado, campgrounds likely to be uncrowded, and the NO VACY sign is seen less often at motels.

ɜect nights to be cold (freezes help trig-color), and be prepared for sudden ther changes. Warm clothing, anti-

r clouds shimmer *over white trunks of aspen*

BUDDY MAYS



Autumn riders skirt *open stands of aspen on New Mexico slope*

SUSAN BIDDLE

Alternating bands *of green and gold trees are partly weather's handiwork*

freeze in the car, and tire chains in case of early snow are musts in high country.

Why Populus tremuloides tremble

Popping up across the continent in weed-like profusion, the trembling aspen *(Populus tremuloides)* is one of North America's most widespread forest trees. In Alaska and far northern Canada, it seldom grows to true tree size. In the hardwood forests of New England, it is only one more tree in the autumn dazzle. But

from the Rockies to the Sierra Nevada, aspen achieve a lofty nobility suited to the mountains they grow on. Here aspen on good sites commonly reach 50 to 75 feet, with trunks a foot or two in diameter.

Thriving above elevations of a mile or more in much of the West, aspen grow in pure strands or mingled with invading conifers in older groves.

Loggers call them "popples" because aspen are members of the poplar family, but many Westerners prefer to call them quaking aspen or "quakies." A walk in a grove quickly explains the nickname. Aspen foliage is always restless; even on a calm day, leaves seem to quiver of their own volition. Early French *voyageurs,* who came to trap beaver, maintained that the leaves trembled in shame because Jesus Christ was crucified on a cross of aspen wood. Botanists explain that the "trembling" occurs because the leaf blade is at a right angle to the spine of its stem, causing the leaf to move in the slightest draft. In a thick stand, the constant rustling is a friendly sound.

Secrets of aspen color

After the changing autumn light and the first good freeze kill the chlorophyll in the leaves, residual pigments announce their presence in bright tones. Now the leaves seem to catch the sunlight itself and bounce it back to you as pure color. Leaf pigmentation is a genetic variable in aspen, which reproduce mostly by root suckering—a process that creates new trees with traits identical to their parents. These "cloned" groupings, ranging from small plots to several acres, often form wild tapestries of color from pale citron to gaudy rouge.

Latitude and elevation are major elements in determining when leaves turn. At high elevations in Montana, color may be over by late September, while at lower elevations in New Mexico, it may not start until mid-October. On the biggest Colorado slopes, when the trees near the summit are already bare, the low valley aspen may just be starting to turn.

Weather plays a crucial role. Under ideal conditions (clear, freezing nights and calm days), trees will retain their autumn finery for several weeks. But all it takes is one heavy storm or strong wind to denude a grove.

Yet to see an aspen forest in full glory is well worth the weather risk. As author Ann Zwinger notes in her book *Beyond the Aspen Grove:* "aspen has éclat, a glorious brashness in defiance of the rules, the flapper who does the Charleston in the midst of the grand waltz."

The map at right shows the distribution of *Populus tremuloides* throughout the West. For connoisseurs who gaze on autumn-tinted aspen leaves with the same delight that the Japanese view cherry blossoms, here's a state-by-state sampler of 24 outings, suggested by U.S. Forest Service experts, botanists, state tourism officials, and *Sunset's* travel staff. These routes offer access to public lands. Call the telephone listed for color updates.

Where to see aspen color? That's easy. When? That's tougher to say

SUSAN BIDDLE

Yellowing leaves filter *warm Indian summer sunlight in a Colorado grove*

ZONA

en are commonly found in mountains and igh plateaus at 6,000 to 9,000 feet. Leaves t turning late in September.

rand Canyon National Park has good n displays along the North Rim. From the th Rim, try the scenic 80-mile drive along . 180 through the San Francisco ntains to Flagstaff. Call the Flagstaff mber of Commerce at (602) 774-4505.

rom Flagstaff, head south on State 89A ugh scattered aspen in Oak Creek Canyon edona (25 miles). Call (602) 282-7722.

om Alpine on U.S. 180, take U.S. 666 Coronado Trail) south to Hannagan dows near the Mogollon Rim (7,000 feet). e a few miles farther south to the unpaved road; either direction soon leads into n. Call Apache-Sitgreaves National st at (602) 339-4633 for recorded update.

IFORNIA

ough not known for fall color, California have good aspen groves at 5,000 to 9,000 look for leaf color through October.

igh passes south of Lake Tahoe hold the 's most accessible and spectacular aspen es. From Stockton, head east on State 4 t 120 miles over Ebbetts Pass (8,730 feet) e junction with State 89. Head north on e 89 past the State 88/89 junction and across Luther Pass (7,740 feet) to U.S. t Echo Summit, about 10 miles from h Lake Tahoe. Call Lake Tahoe Basin agement Unit, (916) 544-6420.

ORADO

e capital of aspen country, we note two d loop drives. Leaves start turning from September to mid-October. Call the State ism Department at (303) 866-2205.

om Denver, head west on Interstate 70 to 6 and Glenwood Springs (159 miles); go h on State 82 to Aspen (42 miles), then h again to U.S. 24; take it north to lville (60 miles) and back to I-70.

S. 550 from Durango to Ouray offers tacular color. From Ouray loop back to ango by going west on State 62 to erville, then turning south on State 145 to res, and finally east on State 184 to U.S. and Durango (138 miles total).

HO

Panhandle offers plenty of aspen color ing by mid-September. Call the Forest ice in Missoula at (406) 329-3183.

long U.S. 95, in the 100 miles from Coeur ene to the Canadian border, aspen mix Western larch.

S. 12 (Lewis and Clark Highway) follows ochsa River for 70 miles between Lowell, o, and Lolo Hot Springs, Montana:

e Sawtooth Scenic Route between vue and Stanley on State 75 traverses n stands as it leads through Sun Valley, tooth National Forest, and Sawtooth onal Recreation Area. (208) 726-8291.

NTANA

n grow here at lower elevations; leaves turning early in September.

On the east side of Glacier National Park, n border the Going-to-the-Sun Road from own of St. Mary West toward Logan Pass 54 feet). Call the park at (406) 888-5441.

n the 90 miles of State 83 from Bigfork n to Clearwater Junction and State 200, n are interspersed with Western larch pines. Forest Service, (406) 329-3183.

ADA

igher elevations of 6,000 to 9,000 feet, n start turning in late September.

rom Reno, head south on U.S. 395, then west on State 431 through spotty, mixed groves of aspen near Mount Rose and the north shore of Lake Tahoe. Call Toiyabe National Forest, (702) 784-5331.

13. Northwest of Las Vegas off U.S. 95, a 45-mile loop follows state highways 156 and 157 to aspen groves on Charleston Peak and near the Lee Canyon ski area. Call Toiyabe National Forest at (702) 385-6503.

NEW MEXICO

Mountainside aspen at 7,000 to 10,000 feet start turning in late September.

14. The Santa Fe Ski Basin Road has one of the state's best concentrations of aspen. From Santa Fe, head northeast on State 475 for 16 miles to Santa Fe Ski Basin. (505) 983-7317.

15. Just north of Alamogordo, head east on U.S. 82; near Cloudcraft, turn north on State 24 across the Mescalero Apache Reservation to U.S. 70 and Ruidoso (60 miles). Call the Forest Service at (505) 766-2444.

OREGON

Eastern slopes of the Cascade Range in southern Oregon show best color late September into October.

16. Northwest along State 62 from town of Klamath Agency to Crater Lake National Park (18 miles), aspen groves contrast with open cattle range and pines. Call Crater Lake National Park, (503) 594-2211.

17. From Medford, State 140 runs east over the Cascade Crest at Mount McLoughlin, passing aspen groves as it approaches Klamath Falls (70 miles). Call (503) 884-5193.

UTAH

Aspens at 6,500 to 10,000 feet start turning around mid-September. Call the Utah Travel Council at (801) 533-5681.

18. One prime stretch is the 40 miles along U.S. 89 from Logan to Bear Lake through Logan Canyon. (Consider combining this with drive 19, below, for an extended trip.)

19. In the 70 miles of State 150 between Kamas, Utah, and Evanston, Wyoming, a 40-mile stretch on either side of Bald Mountain Pass offers good color.

20. From U.S. 6 at Tucker, follow Skyline Drive (partly unpaved) south for 20 miles through the Manti-La Sal range, where aspen mix with pine and fir.

WASHINGTON

Aspen on east-facing slopes near rivers and on forest edges start to turn in late September.

21. Along U.S. 2 for 15 miles, between Leavenworth and Coles Corner, aspen mix with cottonwood and alder. From the junction, take State 207 to Lake Wenatchee State Park for color at the west end of the lake. Call the Forest Service in Wenatchee at (509) 662-4314 or Leavenworth at (509) 782-1413.

22. East along State 20 between Tonasket and Republic (40 miles), there's a nice mix of aspen and Western larch. North of Tonasket on U.S. 97, at Oroville, the Molson/Chesaw Highway leads to the Okanogan highland. Call Okanogan National Forest, (509) 422-2704.

WYOMING

After mid-September, aspen change color on hills and meadows from 7,000 to 9,000 feet.

23. In Yellowstone National Park, the road north from Canyon to Tower runs through golden groves of aspen near Mount Washburn (10,243 feet). From Tower Junction, go west to Mammoth Hot Springs, south to Norris, then east back to Canyon for a 73-mile loop. Call the park at (307) 344-7381.

24. South of Yellowstone, U.S. 89 through Grand Teton National Park offers good displays, especially south of the park from Jackson along the Snake to Alpine Junction (80 miles). Call (307) 733-2880. □

Little feet *find cushy footing on crisscrossing bands of blue star creeper. Foot-square concrete pads were set 4 inches apart in David and Ginna Pugno's garden, San Jose*

Green geometry: *Korean grass outlines odd-sized flagstones at the Trancas restaurant, Malibu*

CHAD SLATTERY

DARROW M. WATT

Garden graphics

There's an art to combining ground cover plants and paving. And there are realities to reckon with

entilla ribbons *intersect walk in Fresno garden of Gary and ·bara Marsella. Landscape architect: Robert Boro*

Clipped Mexican daisies *soften risers of concrete steps; Corsican jewel mint weaves through paving on upper level*

NORMAN A. PLATE

Patchwork *of dichondra and exposed aggregate pavers echoes the shape of square exercise deck on the floor of a small courtyard. Design by Omi Lang Associates, San Francisco*

zagged, ribboned or squared, low car-ing ground covers team with paving to ke bold ground-level graphics.

ese green trimmings introduce color, ture, and soft contrasting fringes to d-edged stone and masonry surfaces. ed in a patio or path design, they can dress up and unify the simple precast ers sold at building and garden supply ters.

nted pavings are much more demand- than solid-surfaced patios and walk- ys. Adding the plants means you'll have ering, weeding, feeding, and clipping lo—in addition to sweeping or raking. in small swatches, the lush effect can weigh the extra effort. Limiting the a actually adds to their graphic ch—another good reason to use planted pavings in throw-rug-size pockets of a garden or as small-space accents, such as the potentilla-striped walk pictured above.

Plant choices. There are many possibilities, including baby's tears, 'Tifgreen' and 'Tifdwarf' hybrid Bermuda, little-leafed campanulas, blue star creeper (*Laurentia fluviatilis* or *Isotoma*), *Cymbalaria aequitriloba*, dichondra, *Erodium chamaedryoides*, *Herniaria glabra*, Korean grass (*Zoysia tenuifolia*), lippia, *Mazus reptans*, potentilla, *Pratia angulata*, Scotch and Irish moss, sedum, thrift (*Armeria maritima*), *Veronica repens*, and Australian violet. Check best climates in the *Sunset Western Garden Book*.

For fragrance underfoot, consider chamomile, Corsican jewel mint (*Mentha requienii*), mother of thyme, woolly thyme, and woolly yarrow.

Mexican daisy (*Erigeron karvinskianus*), pictured above, is too rambunctious to be an ideal paving plant.

Planting suggestions. Pavers set in sand rather than mortared allow roots to grow into soil beneath. If soil is hard, loosen and improve it in the spaces where plants are to grow. Leave crevices an inch or two lower than the top of paving so water can collect and plants have room to fill.

Before planting, think about weeds (their seeds collect and sprout easily between pavers). If nutgrass, Bermuda, or other persistent weeds are a problem, you can fumigate soil or apply specific killers before paving. More common weeds can be checked by pregerminating them: soak the crevices after paving is laid, wait a week or so, pull emerging weeds as you plant, then mulch the bare ground between the new plants. Pre-emergent herbicides may be applied a few days to a week after planting.

The space they have to grow in, as well as climate and care, affects plants' longevity. Some last much longer than others. In hot inland areas and in Southern California, for instance, Corsican jewel mint, blue star creeper, Scotch and Irish moss, *Mazus*, and *Pratia* may need replacing after one to three years. □

JERRY FRE

Pointed wizard hat *and starry robe give Merlin look to magician Polaris, who mystifies audience with cut-and-restore rope trick at The Ca*

San Francisco's sidewalk vaudeville . . . where and when to watch

It's pure theater—a performer winning his or her audience with little more than buoyance, charm, and a few practiced skills. It happens daily in the streets of San Francisco, as crowds stop to marvel at jugglers, magicians, musicians, or mimes. There's spontaneity, a sense of freedom. Some say it's vaudeville reborn. One performer insisted, "Variety artists are springing out of the cracks in the sidewalks."

A recent book, *Passing the Hat* by Patricia Campbell (Delacorte Press, New York, 1981; $7.95), notes a resurgence nationwide, with large numbers of street performers congregating in New York, Boston, and New Orleans. But, according to Campbell, no place rivals San Francisco for talent. Mild climate and packed tourist malls sustain a thriving street tradition that has launched the careers of some big names—Robert Shields and Robin Williams among them.

The street—performers call it "boot camp"—is where only the tough and talented survive; it's where grand illusions are bluntly challenged. Here, a performer pleases his audience or finds another occupation. "The guy who hangs out for a year is either totally egoless or has been beaten—literally—into a performer," says Michael Rega, producer of San Francisco's annual street performer's festival held every spring.

Street performers work the sidewalks near Fisherman's Wharf and the waterfront. Some move polished acts onto the outdoor stages at Pier 39, The Cannery, Ghirardelli Square, and The Anchorage. A few advance to the college circuit, television, New York's Broadway. All do private parties; if you'd like to book an act, talk to the performer directly or telephone Roots, a performing artists' registry, at (415) 383-4605.

On the street, performers are subject to arrest if they block sidewalk traffic or doorways of shops or if they actively solicit money. Malls are private property and offer some asylum, though here pe mances are regulated by entertain coordinators. Competition for luc mall locations can be fierce.

Mall acts usually start on the hour noon to 6 weekdays, noon to 10 on ends, weather and crowds permitting there can be some inconsistency, sinc performers are free spirits, auditione booked to appear but paid nothing (they take home is what you leave i hat or music case).

Pier 39. Three stages lure you to the of the shopping mall. The first is clo the Embarcadero entrance; the act h geared to catch strollers only momen ly. Two stages farther in offer full 20- ute shows.

The Cannery. You'll find performe two locations. At the brick archwa Leavenworth Street between Jeff and Beach streets, a musician or tempts you to walk in. The Jeff Street entrance leads directly to the

any act *at Pier 39, Gary Calder involves audience in snuffing out torches*

R. VALENTINE ATKINSON

A one-man band, *Jim Herrington plays guitar, harmonica, and bass drum (with right foot) plus tambourine*

A familiar part *of the scene is Butterfly Man, juggler and fire-eater. He wears his insignia on his head*

form stage—one of the best performing locations on the waterfront. It's protected from wind and traffic noise, and benches let you sit. You'll also see acts on the sidewalks outside The Cannery.

Ghirardelli Square was the first shopping complex to bring street performers into the mall setting. Now its shows are booked months in advance; check the schedule posted outside the information booth. The stage is in the West Plaza. Outside, at the corner of Larkin and Beach streets, a musician often fills the air with melodies.

The Anchorage. As you pass by the stage here, at 2800 Leavenworth, take a look inside—you may spot a juggler or two.

Places where lines form are prime locations for street performers. Look for them at the cable car turntables at Bay and Taylor streets and in Victorian Park on Hyde near Beach. You might want to travel to the waterfront by cable car, since all lines will be shut down for about two years starting in late September. □

"California hacienda dinner"

That's what Leith Clotfelter calls this beautiful meal. She throws in a lot of Mexico, a little early California, and even some of her own garden

Weeds, *gathered selectively, are used knowingly by Leith Clotfelter in her pork stew*

An avid gardener and cook interested in Mexican foods, Leith Clotfelter of Rancho Sante Fe (north of San Diego) has found ways to use volunteer plants from her garden to create dishes reminiscent of days when California was part of Mexico.

As the meal at right demonstrates, the results are both attractive and inviting. You can duplicate this California hacienda dinner with a little foraging of your own—or use supermarket alternatives that are also quite effective.

Cilantro (coriander), which reseeds itself in Mrs. Clotfelter's garden, flavors the soup.

The pork stew is topped with slightly crisp, mildly tart purslane (*Portulaca oleracea*); this sprawling weed is common in the West, particularly in late spring and summer, and loves tilled soil. Sometimes it's sold in Mexican markets as *verdolaga*. Spinach can be used instead of purslane.

Epazote (*Chenopodium ambrosioides*), a green with a pronounced flavor (often described as medicinal), has made itself at home in many areas of the West. Here it is a discreet seasoning in tiny tamales. You can use the dried herb, but you may have to check several Mexican markets to find it. Or use chili powder instead of epazote.

For dessert, try the surprising but companionable contrast of vanilla ice cream liberally dusted with hot cayenne pepper.

Much of this menu can be made ahead. Recipes for the tiny tamales and salad are on page 172.

A California hacienda dinner

Chicken and Vegetable Soup
Pork Stew with Purslane
Small Cheese Tamales
Green Bean Bundles and Sliced Tomatoes
Ice Cream with Cayenne

Chicken and Vegetable Soup *(Caldo Tlalpeño)*

Rinse a 3½- to 4-pound **broiler-fryer chicken;** pull off lumps of fat and discard. Put chicken and giblets (reserving liver for other uses) in a 7- to 8-quart kettle. Add 3 quarts **water,** 8 cloves **garlic,** 10 **whole black peppers,** and ½ can (7 oz. size) **chilpolte chilies in adobo sauce**. (Chilpolte are moderately hot; for less heat, use 6 dried California or Anaheim chilies, seeds and stems removed.) Reserve extra chilies for soup toppings (suggestions follow). Bring to a boil, cover, and simmer until chicken pulls easily from bone, about 1 hour.

Let chicken cool in broth, then pull meat from bones; discard skin and bones. Tear meat in shreds and return to broth. (If done ahead, cover and chill up to 3 days.)

Heat soup to simmering; **salt** to taste and ladle into bowls, letting guests add toppings (below) as desired. Makes 8 to 10 servings.

Soup toppings. Present the following in individual bowls: reserved **chilpolte chilies and sauce** (optional); 1 can (about 1 lb.) drained **garbanzos;** 1 large **avocado,** peeled, pitted, and thinly sliced; 1 cup **fresh cilantro** (coriander) **leaves,** and 5 **limes**, quartered.

Pork Stew with Purslane *(Guisado d Puerco con Verdolaga)*

- 4½ to 5 pounds boneless pork should
- Water
- 4 cloves garlic
- Tomatillo sauce (directions follow)
- Salt
- 8 to 10 cups (about 1½ lbs.) purslan (verdolaga) sprigs (coarse stem discarded); or 14 cups (about 1 lbs.) lightly packed spinach leav

Trim excess fat from pork; reserve f matillo sauce. Cut meat into 1½ cubes; put into a 5- to 6-quart oven pan with 2 cups water and the garlic. er and bring to a boil; simmer 45 mi

Remove from heat and ladle out 2 broth; reserve for sauce. Bake meat i uncovered, in a 425° oven until m well browned, about 1 hour. Stir ofte

Return to direct heat; add the tom sauce and salt to taste; stir to free bro bits. Simmer, covered, until meat is tender when pierced, about 1 hou made ahead, cover and chill up to 3 reheat.)

Rinse purslane (or spinach) well; dr a colander. Pour 2 to 4 quarts boilin ter over greens to wilt them. Pour into bowl; top with greens. Serves 8 t

Tomatillo sauce. Pull papery exterior 2 pounds (8 cups) **tomatillos**; rinse t tillos and put them on a 10- by 15 rimmed baking sheet. Bake in a 500° until tinged with brown, about 15 utes. (Or instead of fresh tomatillos, cans tomatillos, each 13-oz. size.) Pu a blender or food processor wi stemmed and seeded **fresh** or canned **peño chilies;** set aside.

Meanwhile, in a 12- to 14-inch fryin on medium heat, render ¼ cup fat reserved **pork fat**; discard extra fat. A large sliced **onions** and 3 cloves **garlic** until onions are golden. Add res **broth;** boil, uncovered, until almost Pour in tomatillos. Use hot or cold (o er and chill up to 3 days).

p gets its color *and snap from seasoned chilpolte 'ies. Add choice of toppings to individual portions*

Mugs or bowls *hold hot and spicy chicken soup. You can use other chilies for milder flavor*

TERI SANDISON

Hacienda dinner *features tamales, salad, stew, salsa. Fresh from the garden, purslane accompanies pork, epazote is in tamales. Harvest your own, or use supermarket alternatives*

Tiny tamales *doused with salsa go with tender pork stew, cold green bean and tomato salad. Menu has many steps that you can complete ahead of time*

GLENN CHRISTIANSEN

Housetop deck *crowns this Santa Monica remodel. Light well shed encloses stairway. Architects: Wade Killefer, Barbara Flammang*

Up on the roof . . . decks, gardens

Why? For breezes, views, privacy.
How? Add on or open up

ews, sun, privacy, breezes—there's ıch to be gained by creating outdoor liv- ; space on top of your house.

ı these pages we show how some West- ı homeowners used roof decks to take vantage of a view, to create lofty enter- nment spaces, to carve sunny but private outdoor retreats. In the cases of our cover house and the house in the color picture at left, tight lot lines made the roofs the only available space for expansion.

A roof deck can be as simple as the crow's nest or sunning platform shown below. Or, like the one on our cover, it can be an elevated garden area with all the comforts of home.

What space up there?

You can put a deck on top of the roof or you can remove portions of roof and/or side walls and create a deck adjacent to existing spaces. An attached garage or single-story wing may already be waiting to give you this kind of rooftop opportunity.

Flat roofs are certainly the easiest, but we

Cutout in sloped roof *creates protected deck off bedroom. Architects: Design Works, Santa Barbara. Design: Lisa and Robert Young, Santa Ynez*

DAVID STUBBS

Perched *on roof peak, crow's nest is reached by stairway from far side. Wood sleepers rest on shingled roofing. Metal straps are slid under shingles and bolted to tie sleepers to rafters. Design: Charles Walton, Los Gatos, California*

Simple platform *of 2 by 6's on flat garage roof became a private sunning space. Rocks keep people back from low railing. Architects: Buff and Hensman, Pasadena*

Nautical-style ladder *leads up through bubble skylight/hatch to wood deck laid out in removable pallets. Hollow rail caps are spaced to hold 6-inch pots. Architects: Craig & Lawson, Seattle*

DON NORMARK

NORMAN A. PLATE

Outside stairway *leads up from balcony cantilevered off dining room to whole-roof terrace. Architect: Peter Behn, Berkeley*

Getting up to the deck . . . stairs, ladders. The hatch may be a skylight

saw deck space created with practically every roof form.

Getting up there

If your deck is up above the house, access requires both a stair or ladder and a waterproof opening.

Many codes require a "complying" stairway: at least 26 inches wide, with minimum tread of 9 inches, maximum rise of 8 inches per step. In some cases, if the deck is for "servicing mechanical devices," a ladder is sufficient; several installations we saw used retractable attic ladders under waterproof hatches.

In nearly every interior access installation we saw, the hatch or stairwell also served as a skylight or light well.

A stairway up from an existing balcony, as in the house you see at left, can be easier and less expensive to install than an interior stairway. But remember, it will be highly visible.

Loads, codes, waterproofing

The roof must be able to suppor loads, just as interior floors do, in adc to usual roof loads. You'll need to for this, whether building from scrat remodeling.

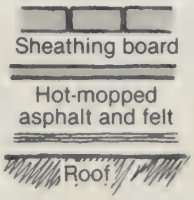
Codes vary, but the typical suppo saw for spans up to 10 feet was ¾ exterior plywood over 2 by 12's 16 i on center; larger decks may require tional support beams or larger beam decks should be sloped and vented (a deck, like a roof, should be vented to vent condensation).

Consult an architect or engineer b you risk cutting through your roof. H determine legal spans, drainage sl weight limitations, and code and z requirements for your area.

A conventional built-up roof of felt hot-mopped asphalt is the most com waterproofer for a flat or slightly pi surface, but it is not a traffic surface

DAVID STUBBS

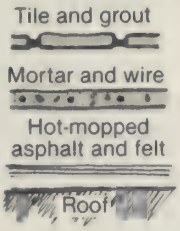
Elegant tiled deck *projects off Elizabeth and Gary Sike's living room in Santa Rosa, California. It's a roof for the carport below as well as a formal-looking outdoor entertainment space. Design: George Stefan and Gary Tobey, Design Concepts, Santa Rosa*



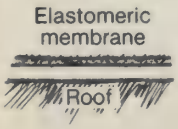
Think about the roof surface . . . and what lies underneath

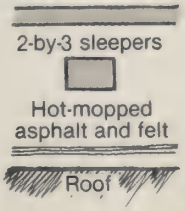
GLENN CHRISTIANSEN

Tree-surrounded retreat *off master bedroom uses interlocking pavers as decking. Design is by architect Robert and Elizabeth Cowman, Portland*



View deck *cut from peak of Corkie and Don Harp's Seattle house was part of a remodel. It paint-on waterproof membrane. Rubber-like surface is textured for no slips. Plexiglass-closed stairway daylights the staircase below. Architect: Kent Johnson*





Sectioned wood deck *overlooks University of Washington. It sits on built-up roof with a coarse-textured top surface so boards won't sink into sun-heated asphalt. "Railing" is clerestory window that vents and lights rooms on two floors below. Architect: The Hastings Group, Seattle*

All the comforts of ground level . . . maybe a kitchen, wind protection, vines overhead

NORMAN A. PLATE

Windy rooftop *in Point Richmond wasn't cozy, but it offered view over San Francisco Bay. Now, glass-paneled railing makes a see-through windbreak*

GLENN CHRISTIANSEN

Our cover house *has a built-in table (left); its glass pedestal serves as a skylight for the bedroom below. Wide tile-topped railing that surrounds deck widens at one point to accommodate sink and under-counter refrigerator. Dumbwaiter (right) is boat davit that lowers tub with electric winch to kitchen door below. Design: Robert Miles Runyon, Manhattan Beach, California*

Wood decking laid over such a roof is usually supported by sleeper boards set on their sides. The idea is to spread the load over a wide area, reducing the point load as much as possible. On the paver-floored deck, asphalt-impregnated sheathing boards beneath the interlocking pavers protect the roofing from the friction of shifting bricks and also spread the point load. Steel-reinforced mortar does the same on the tiled deck.

Elastomeric membranes, painted on or troweled on, are used both as subroofs under decks and as finished walking surfaces. These rubber-like substances come in various colors, usually with a nonskid texturing agent to be mixed into one of the coats. Some homeowners install these membranes themselves, but most brands are professionally applied and guaranteed.

Make sure water won't stand on your roof. To promote drainage, all the decks on these pages have a built-in slope of at least ¼ inch per foot. Flashing is also critical, since flashed surfaces could be exposed to foot traffic.

If your roof can support the load, you may be able to apply a deck directly over it. Wood decks in sections can be set in place unfastened, so they can be lifted to clear debris or make repairs. If you disturb any roof surface, be sure to plug the break you've created with the proper flashing, asphalt or elastomeric emulsion, or roofing material.

Enjoying life, up there . . .

Decks can be accessoried with options ranging from the practical to the whimsical, but there are some things you'll want—and need—once you get up on your roof. The building code requires a

DAVID STUBBS

Posts and beams *(to support growing wisteria) frame San Francisco views from Deidra and Bartley Deamer's roof deck. Architect: Jacques de Brer*

Canvas awnings *roll down for privacy on Joe and Lila Greengard's outdoor room. Architects: Canatsey/Weinstein, Seattle*

DON NORMARK

valid access and a 42-inch railing. If your site is sunny or windy, you may want sun or wind protection. If privacy is an issue, you'll also want solid railings. It's a good idea to try to install a hose bibb and an electric outlet. Other options we saw included hot tubs, flagpoles, lathhouses, raised planting beds, built-in barbecues, and telescope mounts.

It's usually possible to place your deck back from the roof edge so you're not looking down into nearby yards. Privacy screens can reduce noise as well as help keep good relations between neighbors. □

GELATO
SORB
STRAWBERRY
GIANDUIA
PISTACHIO
CCIOLA

Gelateria at home

Your own Italian ice cream parlor. Italy's gelatos and sorbettos are colorful, intensely flavored. Here's how to get started

ce cream parlors are going Italian. Gelaerias, featuring Italian ice creams, are uddenly appearing throughout the West o serve line-up fans. (For some locations ear you, see page 38 or 66.)

Vhat makes these ice creams different nough to attract such a following? It's a natter of richness versus flavor, according o Paulette and Laszlo Fono, owners of Bravo Fono in Palo Alto, California, where they produce gelatos (ice cream) and sorbettos (fruit ices) reminiscent of he best Italy offers. Our own memories of efreshments in Rome's Piazza Navona, amed for frozen desserts, support this conclusion.

Americans measure ice cream quality by ichness and smoothness. Italians, on the other hand, go for intensity of flavor. To achieve this, they use a much leaner base. As a result, the texture is a bit less silken, out the taste packs a wallop.

Here and on page 176 are some of the Fonos' recipes for gelatos and sorbettos, which we tested in machines ranging from the simplest hand-cranked devices to self-refrigerated units.

Note that the custard base is cooked on direct heat, not in a double boiler, so watch it carefully.

Gelato (Italian ice cream)

1 quart gelato base (see following)
Flavorings: filbert, almond, chocolate, banana, vanilla (see following)

In a large bowl, smoothly stir 1 cup of the gelato base into the filbert, almond, chocolate, or banana flavoring (vanilla is incorporated as the gelato base is prepared; see following). Then gradually stir in remaining gelato mixture.

Pour mixture into container of ice cream maker; the amount you work with at one time will depend upon the capacity of the machine. Freeze according to manufacturer's directions (see page 166 for details). Serve when just frozen, or firm 1 to 2 hours longer in salt and ice or in a covered container in the freezer. For best flavor, freeze no longer than 1 month.

To make hard-frozen gelato easier to scoop, let it soften slightly at room temperature (about 10 minutes for a full batch). Makes about 1½ quarts.

Gelato base

In a 3- to 4-quart pan, combine 3 cups **milk,** ¾ cup **sugar,** ½ **vanilla bean** (a 2- to 3-inch section; or substitute vanilla extract as directed later), and 3 thinly pared strips of **lemon peel** (each about 2 inches long). Stir over medium heat just until sugar is dissolved.

Gradually whisk 1 cup of the warm milk into 6 **egg yolks** in a bowl, then pour egg mixture into pan, whisking. Continue to cook, stirring constantly, until liquid coats the back of a metal spoon in a thin, even, smooth layer; this takes about 10 minutes (do not bring to scalding or custard will curdle).

Pour gelato base through a fine wire strainer into a large bowl; discard peel. Rinse vanilla bean and let dry (save for additional use as long as it has a strong vanilla fragrance). If you did not use vanilla bean, add 1 teaspoon vanilla extract to gelato base at this point.

Let gelato base cool to room temperature before using; or cover and chill as long as 1 week. Makes about 1 quart.

Gelato flavorings

Filbert. Spread out 1½ cups (6 oz.) **filberts,** whole or large pieces, in a 9- or 10-inch square pan. Toast in a 350° oven until nuts (under skin) are pale golden brown, about 10 minutes. Pour nuts into a towel and fold to enclose; rub packet to loosen as much of the brown exterior as possible. Lift nuts from towel and put in a food processor or blender. Whirl until nuts form a smooth, oily paste like butter. Use, or cover and chill as long as a week; use at room temperature.

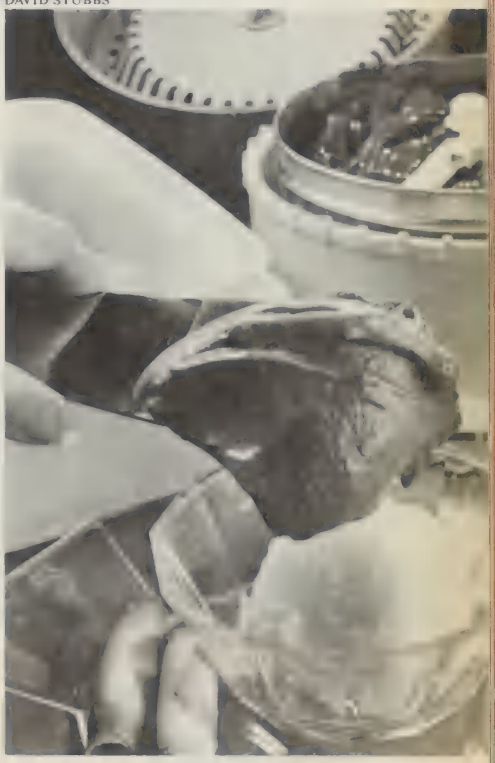
Almond. Spread out 1 cup (3 oz.) **sliced almonds** in a 9- or 10-inch square pan. Toast in a 350° oven until golden, shaking occasionally, about 10 minutes. Whirl in food processor or blender along with ¼ cup finely crushed **almond macaroons** until a smooth, oily paste like butter forms. Use, or cover and chill as long as a week; use at room temperature.

Chocolate. With a fork, stir ½ cup strong hot **coffee** into about 2¼ cups (8 oz.) grated or finely chopped **semisweet chocolate** and 1 cup (3 oz.) **cocoa** until chocolate melts. Use at once.

Banana. Smoothly mash or purée 3 ripe, medium-size **bananas** with 3 tablespoons **lemon juice.** Use at once.

Vanilla. Use 2 **whole vanilla beans** (each about 6 inches long) in gelato base instead of ½ bean; split beans lengthwise and, with a knife, scrape seeds from pod. Add seeds and pod to milk as directed. (To substitute vanilla extract, omit vanilla bean and use 1 tablespoon vanilla extract after straining instead of 1 teaspoon.) □

DAVID STUBBS

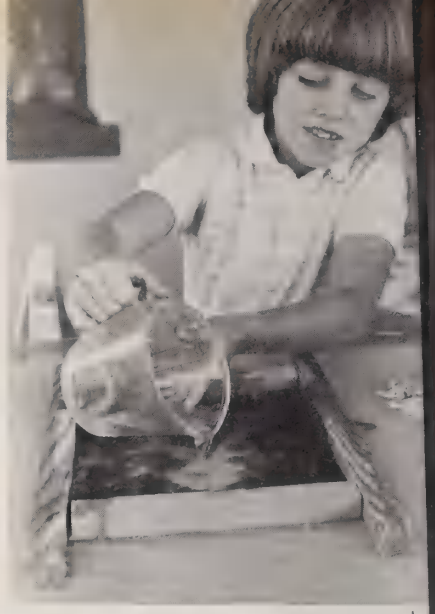


Chocolate gelato, *fresh from ice cream maker, goes with orange sorbetto made earlier and stored*

tensely flavored *Italian ice creams*
d ices, decoratively finished
d served, are by Paulette Fono

1 · *Trimmings from your garden can provide a variety of colors, textures. Experiment with herbs and long-stemmed grasses*

2 · *A handful of shredded paper in blender ⅔ full of water starts pulp mix. Be careful: too much paper can strain motor*



3 · *Pour pulp mixture through screen set over plastic grid. (Work outdoors—there's a lot of water.) Wood pieces define edges*

4 · *Gently press in flower petals after covering screen with pulp. Add more pulp to partially cover petals. Pour slowly*

5 · *Remove wood pieces, fold extra screen over, and gently roll out excess water. For heavier texture, air-dry on screening without rolling*

6 · *To transfer wet paper to blanket or towel, press down on screen, then slowly peel it back. Pulp remains fragile until completely dry*

Wet, messy, magical . . . paper making that starts in your garden

Back-yard paper making is a magical, messy, wet experience that can have surprisingly beautiful results. The basic technique was developed in China more than 1,900 years ago, but we have simplified the steps. With a little help from an adult, a five-year-old can make paper worthy of being framed.

Your own yard can yield a rich palette of colors and textures to add to a basic pulp mixture. Flowers, leaves, and cut grass can become part of the finished paper—experimenting is part of the fun. Very tough fibers should be boiled before being added.

The pulp can be made from any kind of paper you have around the house, except for the glossy pages of magazines. Best is paper with high fiber content (watercolor paper or linen-based stationery), but we also got acceptable results with paper bags, paper towels, napkins, newsprint, and construction paper. To color the pulp,

DAVID STUBBS

Delighted paper makers *display their efforts next day (and a tooth later). The irregularly shaped paper at left above was made by pouring pulp mixture onto the screen without a border, then air-drying it. At right, homemade paper becomes a richly textured mat to set off a special photograph*

DARROW M. WATT

use tissue wrapping paper—it dissolves easily and comes in a wide range of hues. Some art supply stores carry "cotton linters"—sheets of fibrous, easily dissolved paper with a cotton base (cost is about $1.25 per 2- by 3-foot sheet)—that you can add to your pulp for extra body. (Adding grass or dryer lint helps, too.)

To make the pulp, fill a 2-quart blender about two-thirds full with water, then add a handful of shredded (¾-inch-square) paper. Blend at medium speed for at least 30 seconds or until the mixture is like a thick fog (some papers take longer to break down and may require a second run-through after a soak). Dump the contents into a bucket and repeat until you have a few gallons of pulp. (With 2 or 3 blenders' worth, you can make a 12- by 12-inch piece of paper.) Do not mix colors of pulp in one container; keep them in individual buckets.

Supplies

For an introductory kit, you need a 2- by 4-foot piece of the plastic "egg crate" grid (see picture 4) that's used in flourescent light fixtures (about $11 at lighting or home improvement stores), 6 feet of fiberglass screen-door mesh (about 50 cents a foot), a few buckets to hold pulp mixes, a rolling pin, an old wool blanket or towel, four small boards for borders, a blender, a pitcher, an old card table or a pair of sawhorses, and lots of water.

What to do with it?

These handmade papers are generally too rough to be written on directly, but they can provide a handsome background as a picture mat. Placing contrasting-colored art paper behind the homemade paper will help show off its delicate edges. To use your paper as a card or note, glue it behind slightly smaller notepaper. □

Sound-level meter *simulates the response of the human ear to sound. Here it reads a motorcycle 50 feet away at 78 decibels (dB)*

Five-foot-thick hedge *was virtually ineffective as a sound barrier; it produced only a 1- to 2-decibel drop in motorcycle noise*

Fighting back against noise

Do plants, fences, walls help? What can you do outdoors, indoors, in your community?

There are all kinds of noises. Some noises, like the din of a low-flying jet or nearby freeway traffic, are painfully obvious, while others are more subtle but equally annoying—the dripping of a faucet at night. Constantly intruding on our lives, noise is more than a nuisance; it's an environmental pollutant that presents a real danger to our health and well-being.

We become more conscious of noise as we learn more about its effects. It disrupts sleep, causes nervous tension, lessens the ability of students to learn. Its physiological effects have been linked with high blood pressure, heart disease, ulcers, and (not surprisingly) loss of hearing. It can even lower the value of your house.

You can attack a noise problem at any of three stages: acting on the noise at its source; as it travels along a path; or as it reaches the listener. For city and town dwellers, most noise comes from outside the property; legislation and ordinances can deal with lowering its level at the source.

But once noise reaches your property, there are many things you can do to reduce its effects still further.

What is sound?

Just as waves ripple outward from a pebble dropped into a pond, sound radiates

Wood fence *cut motorcycle sound by only 4 decibels—it's thin, has cracks*

DAVID STUBBS

Remodeled front courtyard *has 6-foot-high concrete block walls that reduced motorcycle sound by more than half (to 65 dB). Designer Kelly Handelman needed a zoning variance for wall*

rom its source (a vibrating object). It ravels until it strikes something, which may deflect or absorb its mechanical energy.

Like a complex chord played on a piano, most sounds combine many frequencies not all of them pleasant to the ear. We measure the intensity or loudness of a sound in decibels (dB). Since the human ear is sensitive to a wide range of sound pressures, so the decibel scale is logarithmic: a small increase in decibels represents a great increase in intensity. Measurement starts at the threshold of hearing (0 decibels), and runs to the threshold of pain (140). Each 10-decibel increase in sound is 10 times louder, a 20-decibel increase is 100 times louder, and so forth.

Loudness alone is not the culprit, since permanent hearing loss can occur with continuous exposure over years to even 75-decibel levels. (Many vacuum cleaners exceed this level.) We also tend to estimate loudness or annoyance in reference to a general level of background noise; that's why people talking in a library can seem so loud.

Blocking outside sound paths

Traffic is the most common source for noise outside the house. You can block much of this airborne sound by setting up barriers that block, absorb, and refract (bend) it.

One misconception is that trees or hedges can block sound effectively. They do absorb a small part of the noise, but generally their advantage is psychological—out of sight, out of mind. (The photos above

San Francisco officer *monitors noise of traffic and construction to enforce sound code*

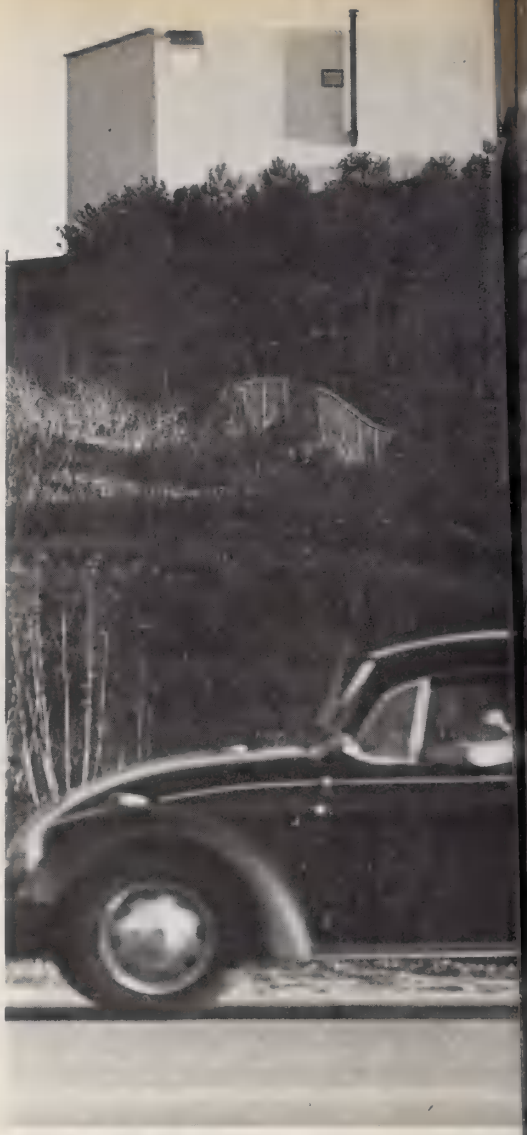
NORMAN A. PLATE

A sign of the times: *Boulder's noise abatement program sets limits for noise from vehicles and private property*

Honolulu street sounds *are displayed in decibels on giant sound-level meter*

Designing out noise . . . berms, walls, waterfalls. A house that turns its back to the freeway

Thick wall and berm *close to freeway in Cerritos, California, extend above height of trucks' exhaust stacks. The tall trees are almost useless in blocking sound*



Streetside facade *of this San Diego home has only two small windows*

BILL ROSS

"Acoustical perfume," *this waterfall masks traffic noises with its steady, low-level sound. But, like background music, it doesn't lower true sound level*

show the sites of four tests we ran using the sound of a motorcycle as a test base. The thick hedge and wooden fence hardly had any effect as sound-stopping barriers. The solid concrete-block wall proved to be the most effective solution for front-yard sound control.)

The closer the control is to the sound source, the better it can confine the radiating noise. That's why tall concrete walls line many of our noisy urban freeways. The mass and height of the walls deflect much of the sound away from the houses on either side. Roadside berms also work well, provided they are tall enough to block the view of passing traffic. (Ideally, walls along freeways should be higher than the exhaust stacks of big semi-trailers.)

Increasing the distance between the sound source and listener also helps; doubling the distance drops sound by about 6 decibels. But given the cost of land these days, that's expensive noise control.

More effective for the builder or remodeler is proper site planning and design. Placing noise-sensitive areas like bedrooms away from the noise source and limiting the size and number of openings (doors and windows) facing that side are logical design decisions. Outdoor living spaces can take advantage of the house or a garage as a sound shield. Noise-screen fences should be solid, without air spaces that permit noise penetration.

The shell of your house

Keeping outside-generated noise from entering the house is no easy matter. Sound is sneaky; it looks for weak points in a house exterior—windows, doors, roof vents, crawl-space openings, poorly constructed walls, uninsulated attics. Fixing one trouble spot and not another does not solve a noise problem, but every bit helps.

"What you do for sound reduction is usually good for energy conservation as well," says Southern California acoustical engineer Jim Dukes. Use weatherstripping around solid-core exterior doors to help

PETER O. WHITELEY

Tall walls *of house wrap around an interior courtyard that faces away from noise of freeway in background. Architect Robert Wellington Quigley designed the house so the musician-owners could present informal outdoor concerts in the courtyard*

seal the little cracks that sound sneaks through. Chimneys should have baffles to help keep sound out and heated air in. A sound-insulated central heating and cooling system minimizes heat loss and reduces operating noise.

To help keep sound out, you can increase the mass of the walls and ceilings around living spaces. Adding thicker plywood on the outside or gypsum wallboard on the inside will help; so will adding fiberglass (thermal) or sound-insulating batting in the walls. However, there's a danger of overstuffing a wall with insulation. Trying to squeeze 6-inch (R-19) batting into a 2-by-4 stud wall actually degrades the efficiency. The fibers must be able to move as the sound dissipates its energy. For standard stud walls built with 2 by 4's, fill the cavity with 3½-inch (R-11) batting to provide a 4- to 6- decibel reduction.

Adding plywood or gypsum board to ceilings and under floor joists will diminish noise intrusion, too. Houses with shingled roofs especially benefit from added mass (and thermal batting) in ceilings and attics, to minimize airplane noise.

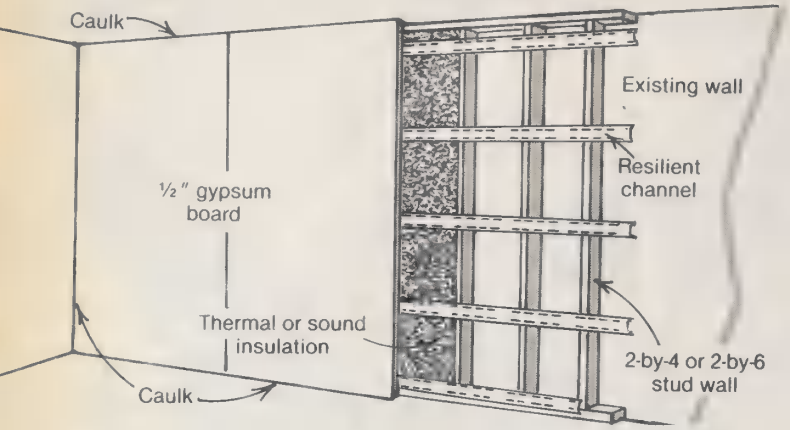
(There's an important difference between sound *absorption* and sound *isolation*. Sound isolators—a concrete wall, for example—resist the passage of sound. Fiberglass batts can reduce echoes or acoustic reflections, and muffle but not block sound.)

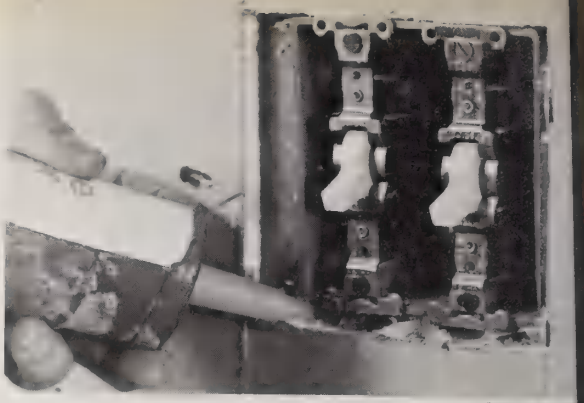
Windows—the worst culprit

Doubling the mass of a wall saves about 5 decibels, but you quickly reach a point of diminishing returns because most walls

Aural and visual privacy *are afforded by curving front fences at these three houses designed by Roland/Miller Associates of Santa Rosa, California*

You can add a second wall *over an existing one to reduce transmitted noise. Resilient channel removes gypsum board from vibration. Gypsum board stops short of floor, ceiling, and side walls*





DAVID STUBE

Seal flanking paths, *like the airspace around electrical boxes, with a bead of flexible caulk. Note added layer of sound board beneath gypsum wallboard*

have windows. When introducing sound-control measures, attack "acoustically leaky" windows first.

Best, of course, would be removing windows on the noisy side of the house, but that's seldom feasible. Least expensive would be adding a storm window. Seal it with a flexible gasket to reduce vibration and block air passageways. At greater expense, you could frame in a tighter window (casements are best) or an entire second window in an existing opening.

A 3-inch space between two back-to-back windows absorbs the sound energy much better than the small air space in double-glazed windows. (But this installation isn't as thermally efficient, because of convective loops that can set up in the wider air space.)

Most exotic and most expensive is thick, sound-attenuating glass (about $9.30 per square foot in 5/16-inch thickness) that has a layer of clear plastic between two thicknesses of glass. Properly installed, it has the same sound transmission class rating (STC) as an exterior wall.

Whatever you do, engineer Dukes recommends avoiding single large panes of glass that act as single, rigid membranes.

Noises inside the house

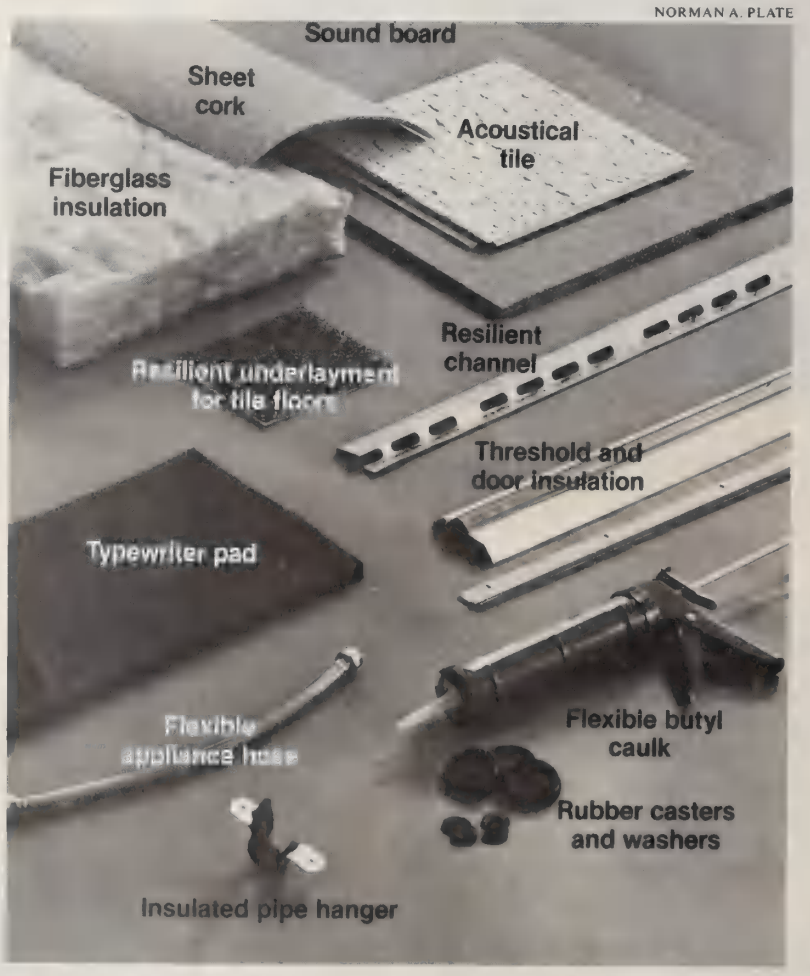
Although noises from outside create a background sound level, the loudest sounds in our houses are usually made by people or by the machines they use. Much of the sound is airborne, but some is structure-borne—transmitted by direct physical contact with the house. The sounds of vibrating pipes, the slamming of a door, or the dull hum of a washing machine all move through walls, ceilings, floors.

You can stop structure-borne sound by isolating the vibrating element from contact with walls, floors, or ceilings. A soft carpet over a thick carpet pad cuts down impact noise transmitted between floors. Also very effective is suspending the gypsum board on walls or ceilings on resilient channeling. The channeling, lengths of stamped metal, mounts to studs or joists. Single or double layers of wallboard can be screwed to it. Stopping the wallboard short of adjacent ceilings and corners and filling the cracks with a "nonskinning" butyl caulk further reduce paths for structural home noise.

Airborne sounds bounce off hard surfaces, especially those in empty rooms (which is why such surfaces appeal to bathroom baritones). You can reduce most of the reverberations by adding sound-absorbing materials like carpeting, curtains, and upholstered furniture. Installing acoustical

Little things that help reduce noise . . . caulking, padding, batting

NORMAN A. PLATE



Noise-control items *come from many sources: heating and plumbing supply stores, professional builders' centers (for acoustic batting and resilient channel), and appliance and hardware stores. A stationery store may sell typewriter pads that you can use to dampen vibrations from small kitchen appliances*

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DAVID STUBBS

Protecting the listener *is final step in noise control. Ear protectors reduce potential for hearing loss from noisy home shop equipment*

Ear protection is the most direct action

tile on ceiling reduces overhead sound reflection. Heavy wall hangings or a sound-absorbing fabric wall-covering system can effectively stop bounce at vertical surfaces without drapery.

Airborne noise has another way of working its way through a house—"flanking paths." These are indirect routes between rooms: ventilation ducts or oversize openings around electrical outlets, windows, doors, or plumbing. Sound-insulated ducts, insulation in walls, and caulking can plug the paths.

Many flanking paths are there because of the casual way we build wood-frame houses. For instance, door and window openings are usually rough-framed larger than necessary, with thin wooden shims bringing the finished window or door into alignment. This leaves a narrow airspace covered by relatively thin pieces of wood trim. Sound can waltz right through. Dense insulation material, sometimes called "dry packing," should be added to these spaces when building or remodeling.

Noisiest room in the house

Most household noise emanates from the kitchen. Dishwasher, garbage disposal, refrigerator, blender, exhaust fans, hard-surfaced counters, vinyl floors, cabinets, and dishes all contribute to the kitchen cacophony.

Isolating this room as much as possible from the rest of the house is a basic design solution, but a homeowner can use other controls: acoustical ceilings, throw rugs, curtains. Select quiet appliances when replacing worn-out ones. (Look for the words "quiet," "lower," or "slower" in advertising and, if possible, compare appliances in side-by-side evaluations.)

Isolating machines on resilient pads or rubber mountings cuts down on vibrations passed on to walls and counters. This means no *rigid* plumbing connections between disposals, dishwashers, or clothes washers. Flexible hoses will stop vibrations that might be amplified by walls. A rubber mat in the sink or cork glued to the wall of a cabinet is a simple but effective way to reduce the clatter of stacking dishes.

Plumbing is a less visible source of noise, but in many homes it is all too easy to tell when a toilet flushes or a faucet is on. Pipes rattle, make noises as they expand and contract, and transmit the sound of flowing water. Isolating pipes from direct contact with studs, wrapping vent and waste pipes with closed-cell, vinyl-backed foam, and fitting in flexible sections of pipe for expansion reduce these intrusive sounds. Expensive solutions by themselves, these are much more feasible as part of remodeling or new building.

Planning for noise control

The goal of concerned citizens and legislators is to minimize noise and help restore relative quiet to our homes, neighborhoods, and work environments.

Only long-range community-wide (sometimes state-wide or nationwide) planning can control noise at its source. For example, in California, nearly every town and county has a general plan that includes a "noise element" to plan land use compatible with noise sources (freeways, industries, railroad lines). The plan identifies noise-sensitive land (residential neighborhoods, hospital zones) and helps establish ordinances that specify acceptable noise levels.

In the quest for quiet, communities can go beyond ordinances, zoning laws, and building codes. A voluntary program called "Buy Quiet" combines the purchasing power of local, state, and federal agencies to encourage manufacturers to produce quieter products. In the biggest Buy Quiet purchase to date, the Los Angeles Department of Water and Power bought 33 rubber-wheeled tractors of the brand judged to be least noisy. Other examples: Salt Lake City purchased quieter trailered compressors; the city of Inglewood, California, bought quieter garbage trucks; and the state of Washington chose quieter lawn mowers. (Call or write Buy Quiet Program, National Institute of Governmental Purchasing, Suite 101, Crystal Square Building 3, 1735 Jefferson Davis Highway, Arlington, Va. 22202; (703/920-4020.)

Respect

The least expensive and best noise control measure of all is common courtesy: use a power mower or chain saw at a sane midday hour, locate a heat pump or air conditioner where its sound will not disturb your neighbor. And keep radios low; one person's music is often another person's noise. □

Adding a second set of windows *in the same rough opening reduced the traffic noise by more than half at David Kaplan's Los Angeles home*

PETER O. WHITELEY

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Clean new look *was achieved at low co[illegible] with redwood-trimmed skylight well, refinished floor and cabinets*

Heavy labor by the owner . . . plus $2,000

Low-budget remodeling can yield good-looking results if the money is spent where it shows the most. Berkeley architect Randall Fleming remodeled his kitchen for only about $2,000. Refinishing cabinets and a fir subfloor, he did most of the heavy labor himself. The wood-trimmed counter and 4-foot-square skylight, set in a 6-foot-square well, are both new.

Cabinets were patch-filled, sanded, then sprayed with a gloss urethane; self-closing hinges and curved rubber handles make them look custom-made.

To avoid the cost of new floor covering,

NORMAN A. PLATE

Between-stud storage space *was stained to match color of floor and trim*

Fleming simply sanded and stained the subfloor in a striking green, at the suggestion of his wife, artist Chris Reding. (Backsplash and counter trim were stained to match). Three coats of polyurethane seal all wood surfaces.

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Louvers mount on roller-shade brackets

DON NORMARK

Pole with hook *adjusts roof louvers as sun's angle changes. Here, outer bank of louvers is being slanted to direct needed sun to the lawn, keep deck in shade*

Adjustable roof louvers that let you vary light and shade (and provide cooling air movement as well) are not that uncommon. But Philip and Lisa Dubois of Davis, California, took an uncommon approach that made their louvers easier than usual to build and operate.

Their innovation: using the mounting hardware of ordinary spring-tensioned roller window shades to mount the louvers to the rafters that frame them. Once the framing is up and the hardware installed, the louvers simply drop into place. (The customary method involves a clumsy process of trying to align pins in the louvers with holes in the rafters before the rafters are nailed down.)

The framework is standard. Two 4-by-4 posts, plus a header board bolted to the house, support two 4-by-12 beams that hold 2-by-8 rafters set 35 inches apart. (If you're spacing the rafters farther apart, you may need to use thicker boards to avoid twisting or warping.) Leaving clearance for mounting brackets at each end, each 1-by-6 redwood louver is slightly longer than 33 inches.

The louvers are set 5 inches apart so they overlap when closed; pins hammered into holes drilled in the louver ends fit into the rafter-mounted brackets. (Roller shades have a square-headed pin in a notched bracket at one end to operate the spring mechanism, and a round-headed pin in a plain bracket at the other end to hold the roller in position. Dubois used no square-head pins and rounded out the flat seating in the notched bracket with a small drill-mounted grinder.)

Before mounting, each louver was fitted with an eye screw on the top edge. The eye screws were pried open slightly to hook into similar screws placed 5 inches apart along a 2-by-2 runner joining the 34 louvers in each bank. With the open eyes pressed shut again, these runners hold the louvers parallel. □

Pair *of shade brackets holds louver ends. Notch will be rounded for smoother pivoting*

Sliding bolt *adjusted by hook on pole fixes louvers at desired angle. There are four settings: the three shown here, plus a higher one that lets the louvers be shut completely*

Runners *atop each array of louvers hold them at same angle. Pairs of eye screws looped together let louvers move easily when adjusted*

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DARROW M. W.

Pulled out *from recesses at end of closet, sliding cases hold shoes and folded clothing*

Sliding cases for closet storage

Getting the most out of this walk-in closet was designer Anthony Machado's goal. Two cases that slide out from recesses on either side of the closet's rear wall allow owners Vicky and Paul Klappers to store a great deal of clothing and shoes in a space-efficient way.

The 14-inch-deep cases slide on two heavy-duty aluminum tracks and rollers attached to the ceiling. Each case can be pulled out to extend 30 inches into the closet walk space. When both are pushed back into their pockets, a full-length mirror becomes visible.

Pieces of hardboard slipped into grooved vertical boards divide one case into 6- by 9-inch shoe cubbies. Shelves on adjustable tracks organize the other case for folded clothes and purses.

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Buying a home is one of the biggest events in most people's lives. It represents a lot of your resources and a lot of yourself, so it has to be protected. And, no one can protect your investment better than United Pacific/Reliance. Our Full-Measure-Plus endorsement combines coverage on your home and personal property into a single, inflation-adjusted, limit of protection...all at low cost, including replacement cost for personal property. Safety-minded homeowners, with fire and burglar alarms, smoke detectors and extinguishers pay even less. Custom options are available, too. Ask your Independent Agent, or contact:

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K

Klorane's treatise on the virtues of botanicals.

Cleopatra annointed her dark hair with the oils of the henna berry.

Walnut leaves from Persia were a precious luxury to dark-haired women of ancient Rome.

In medieval times, women and children gathered the blossoms of the camomile flower for their blonde and light brown hair.

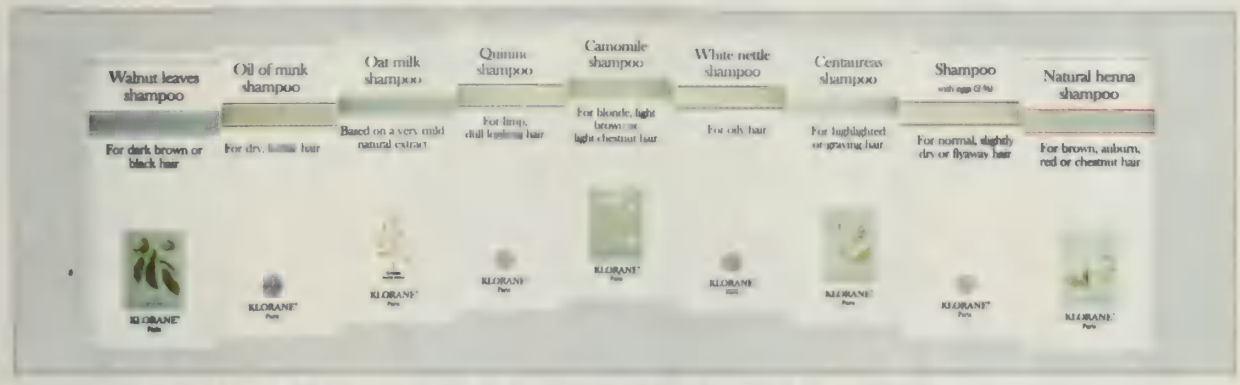
The study of botanicals is 5,000 years old. But older still is the pleasure derived from them by women who long ago discovered the secrets of these delicate mysteries of the countryside.

So revered were their properties, that the purveyors of botanicals became known in the Middle Ages as "wise women."

Even in the late 19th century, these women brought their wares into the towns of Europe, so city women could continue to profit from the virtues of botanicals they could no longer garner or garden themselves.

And so now, Klorane brings them to you.

Introducing Klorane® Shampoos.



Walnut leaves. Oil of mink. Oat milk. Quinine. Camomile. White nettle. Centaureas. Egg. Natural henna.

The luxury shampoos of France.

Your hair is as individual as you are. And so you will find a special Klorane Shampoo to help you achieve the beautiful hair you were born to have. In more innocent times, beautifying your hair was a question of picking the right botanical. Today, it's a question of picking the right Klorane.

There is a Klorane Shampoo for the nature of your hair. There are four specially formulated beauty treatment shampoos for problem hair; and five beauty enhancement shampoos to bring out the natural highlights of your hair. Used over time, these shampoos can actually restore the natural beauty of your hair.

The quality ingredients. Every Klorane Shampoo is made from the finest ingredients, individually cultivated at the estate plantation of Laboratoires Klorane in the South of France.

The practical luxury. Because it requires 180 camomile flowers to produce a single bottle of Klorane Camomile Shampoo, you'll find these shampoos cost more than the ordinary. But such a luxurious way to pamper your hair is well worth the price. Because when you do something beautiful for yourself with Klorane, it shows.

Klorane Shampoos. In a class by themselves.

© 1982 SOMCI

DAVID STUBBS

Lazing back *into a hammock swing is an Indian summer pleasure. Cost for materials, including lumber and canvas-like acrylic, is about $50*

With standard lumber and heavy acrylic, you can make this triangular hammock chair

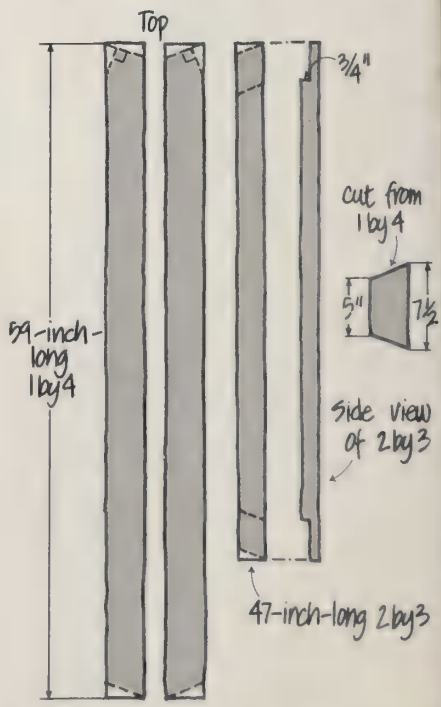
The hammock family has gone a little wil lately, producing a generation of rop swings and chairs only remotely related t their traditional string-woven ancesto On the next page, we show three ham mock cousins available commercially; a left is one you can make yourself. They'r all cool, comfortable, and slightly crazy.

To make the triangular swing shown here you'll need patience, a bit of skill, and a saw, drill, hammer, and sewing machine We used Douglas fir boards (one 4-foot 2 by 3, two 5-foot 1 by 4's, and one 7½-inch 1 by 4), a 14- by 24-inch piece of 1-inch-thick foam rubber, 3½ yards of 31-inch-wide canvas-like acrylic (available at awning and canvas product stores), 22 feet of ¼-inch polypropylene rope (you'll need more or less, depending on the hanging site), wood glue, 1-inch (2d) finishing nails, and about 40 brass furniture tacks.

Begin by sawing the wood to the sizes shown in the drawing, making the small trapezoidal piece first so it can serve as a template for other angles. Cut a ¾-inch deep rabbet in each end of the 2 by 3 (see drawing, next page), then place boards in a triangular position so that the 1 by 4's rest in the rabbeted 2 by 3 and on top of the trapezoidal piece. Glue and nail the frame together. For the rope, center and drill ⅜-inch holes through the frame corners (two holes in the top), then sand corners smooth.

Wrap the foam around the center of the 2 by 3 and nail it underneath or tie it in place with twine.

For the fabric seat, enlarge the pattern onto a large (31- by 63-inch) piece of pa-



Cut boards *to match these dimensions*

The new Fuego Turbo from Renault. Slippery and simmering. Exciting. A heritage earned on the tracks of the world by the first turbos ever to race Grand Prix and win.

Fuego Turbo. Five forward speeds powered by a 1.6 litre intercooled turbo that creates 11.6 psi maximum boost. Bosch L-Jetronic fuel injection. Performance that's responsive yet civilized enough for a highway estimate of 39 MPG and EPA estimate MPG of 26.*

Fuego Turbo. Front-wheel drive with independent front suspension. Renault's "A" frame-mounted trailing arm rear axle. Stabilizer bars, standard, front and rear. Michelin TRX radials on cast aluminum wheels. Vented front disc and rear drum brakes with power assisted hydraulics and Renault's balanced anti-lock system.

Fuego Turbo. Wind-smooth exterior styling with a drag coefficient of 0.35. Indoors, a cockpit with laser-calibrated visibility, bio-formed seating and an adjustable leather-wrapped sport wheel.

Fuego Turbo. New from Renault. Civilized performance at a civilized price, less than $11,000.**

*Compare 1982 EPA estimates with estimated MPG for other cars. Your actual mileage depends on speed, trip length and weather. Actual highway mileage will probably be lower.
**Manufacturer's suggested retail price. Price does not include tax, license, destination charges and other optional or regionally required equipment.

Fuego

Introducing the civilized turbo.

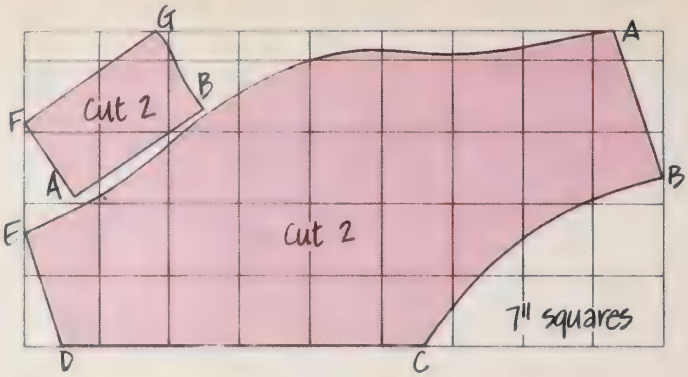
RENAULT
American Motors

per. Cut two pieces of each shape from the fabric. For each pair of shapes, with right sides together, machine-stitch a ⅜-inch seam connecting small and large pieces at line AB. Pin the two resulting pieces together and sew seam EF. Stitch again close to seam to reinforce. Open up; hem GC and DED.

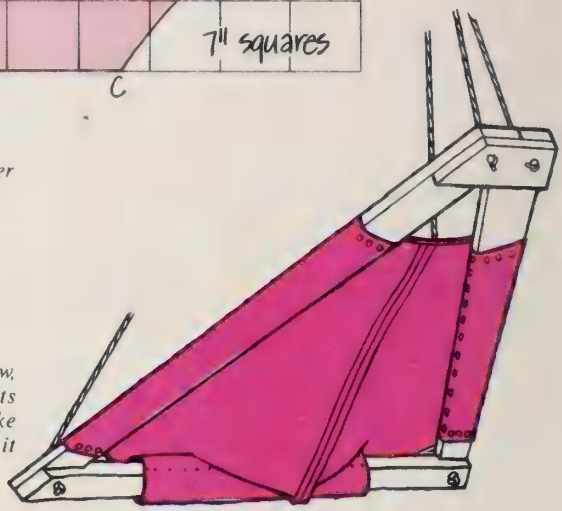
Center the frame on the fabric, both facing down, so that the top of the fabric (DED) lies 11½ inches down from the top of the frame. Keeping the fabric taut and tucking raw edges under, nail the sides of the fabric to the inside back of the frame, using tacks spaced about 2 inches apart. Fold the bottom edge of fabric around the foam and nail through it into the back of the frame. (The raw edge will be a loose tail to tuck around and under.)

Cut the rope in two, poke each end into a hole, and knot. Hang from a heavy-duty eye screw and S hook. Adjust knots until the chair is at a comfortable height and angle.

If you'd rather buy a hammock chair than make one, check under Hammock Stores in the yellow pages for many cities, or write to Hammock Sources, *Sunset Magazine*, Menlo Park, Calif. 94025. □



Enlarge *fabric pattern on big sheet of paper ruled in 7-inch squares. Stitch together and seam as directed in text, then attach to frame*



In this view *from below, note how wood frame fits together and how canvas like seat wraps around it*

Three more hanging seats . . . these you shop for

DAVID STUBBS

New ideas in rope-suspended seats *include (left to right) hang glider ($70), wing chair ($54), and wood-slat swing loveseat ($150 for oiled finish, $120 unoiled). Lightweight materials and open construction make them cool places to relax*

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Save $20 to $70 on your choice of these Sears Best Coordinated Baths.*

Here's Sears Best quality, with solid oak doors, frames and drawer fronts. Sides are hardwood veneers. Finishes are hand-rubbed for glowing luster. To make any size bathroom a new delight, choose from our contemporary "Pure & Simple" collection (main illustration), our airy Oak finish and Cane Bath (upper inset), or our rich Dark Oak finish Bath (lower inset). These three beautiful styles of The Total Bath mean you get both selection and savings. And everything shown here is available at Sears.

Vanities. All three styles are available at the same low prices. Lavatory tops and faucets not included.

36-in. Vanity. Shown in "Pure & Simple" styling and in Dark Oak finish. Now $199. 99. **Save $70.**

30-in. Vanity. Not shown. Now $149.99. **Save $50.**

24-in Vanity. Shown in Oak finish and Cane. Now $129.99. **Save $40.**

20-in. Vanity. Not shown. Now $99.99. **Save $40.**

Tri-Panel Tub Door. Shown with Light Oak Look Trim. Also with Dark Oak Look Trim. Now $199.99. **Save $30.**

Storage Cabinet. In any of the three styles shown. $119.99. **Save $30.**

Gold Plastic Tub Wall Surround with Grab Bars. Now $179.99. **Save $30.**

Dual-control Washerless Chromed Faucet. Shown in lower inset. Now $29.99. **Save $20.**

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JERRY FREDRIC

Translucent overhang *extends roof line to soften sunlight without casting a deep shadow across family room window*

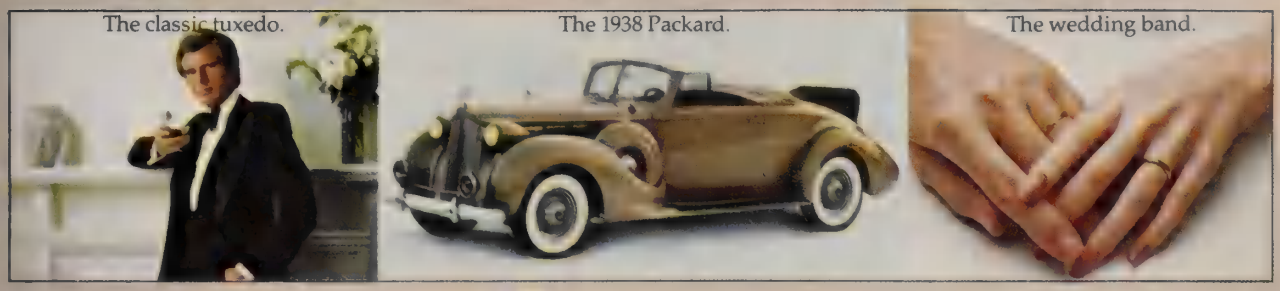
Eave extension for light, shade

Light and shade at the same time: these were the contradictory requirements that architect Ellen Christophe addressed when she designed an eave extension as part of a family room addition to her brother's house in West Los Angeles.

A conventional eave would have kept too much light from the family room, but the owners still wanted some sun protection for an outdoor sitting area next to the house. A trapezoid of ¼-inch smoked acrylic, 6 feet across and 9½ feet long at the gable end, continues the roof line of the new family room. It filters the sunlight, creating a sort of bright shadow. (Acrylic comes in 4-by-6 and 6-by-8 sheets, so the upper corner had to be pieced.)

The acrylic is screwed to the overhang's 2-by-4 framework. To allow proper runoff, the roof's asphalt shingles overlap it for several inches. □

A CLASSIC HAS NOTHING TO DO WITH FASHION. AND EVERYTHING TO DO WITH STYLE.



REED & BARTON
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Shown: 18th Century Sterling. For pattern brochure, write Dept. SU, Reed & Barton, Taunton, Mass. 02780 © 1980 Reed & Barton

PETER O. WHITELEY

Low-voltage lighting notched into railroad ties

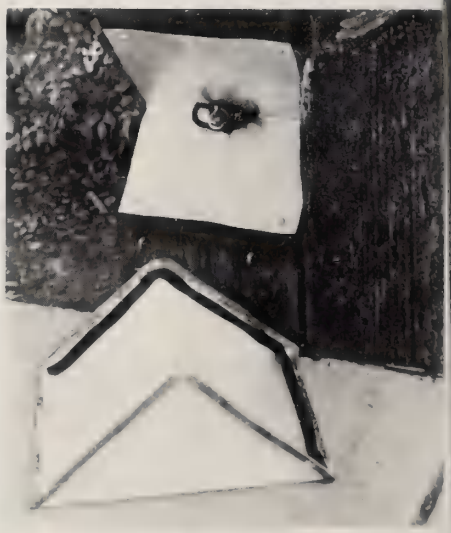
A V-shaped notch in a vertical section of railroad tie was the simple but inventive start for this homemade low-voltage light. With three other similar lights, it brightens the driveway and entry at Mary and Mac Rossi's house in Morgan Hill, California.

For each light, Mr. Rossi used a small chain saw to cut an 8½-inch-high, 4-inch-deep notch which starts 6 inches from t top of a 32-inch-long tie. Using a long a ger bit, he drilled a hole for the wiri from a point on the back of the tie 14 inc es up from the bottom to the center of t notch. (The ties are sunk 14 inches in the ground.) In the center of the notch, recessed a standard auto light socke Thin-gauge aluminum flashing screwed the notch reflects light.

Covering the notch is a three-sided pie of ¼-inch translucent plexiglass, whic was cut and bent by a plastic shop. Th center section measures 8½ inches wide b 10 inches high; the triangular sides are 4 inches high at their peak. The cover wa edged with U-shaped lead channelin used for leaded-glass windows (came crimped to hold it in place.

Small L-screws hold the cover in place and foam weatherstripping along the in side faces helps keep water out.

At rear of cluster *of railroad ties is translucent plexiglass cover masking low-voltage light system*



Removing cover *reveals aluminum-lined notch. (Note screws holding aluminum.) L-screws in tie rotate to release cover*

Automotive *light bulb and socket connect to low-voltage wire (available at electrical supply stores)*

POWER RAM 50

Dodge introduces the "Four Wheeler of the Year."

"...the Power Ram 50 is one of the all-around great mini 4x4 pickups to hit the market." *Four Wheeler, Jan. 1982*

"...any way you slice it, the Power Ram 50 is the best there is among small 4x4 pickups." *Pickup, Van & 4WD, Jan. 1982*

"This is not a mini pickup like all the others from Japan but rather a mini 4x4 that rivals the power and performance of any (small) pickup you choose to stick it against."
4 Wheel & Off-Road, Jan. 1982

That's a sampling of what the experts have to say about the new Dodge Power Ram 50. Here are some key facts behind the raves.

More hauling power than Datsun and Toyota.
Power Ram 50 hauls the biggest standard payload in its wheelbase class. It's got the biggest engine you can get in a small 4x4 pickup. Most horsepower, most torque. Its independent front suspension shows you true grit over rocky terrain.

Drive it yourself. Odds are you'll discover what the experts already know: in the tough world of 4-wheel drive, Dodge Power Ram 50 is the toughest small pickup of them all.

Dodge Ram 50 4x2. Introducing a new, low-priced Dodge Ram 50 model, available in limited quantity. Order now while supplies last. **$5987***

	Dodge Power Ram 50 Sport	Datsun Sport 4x4	Toyota SR-5 4x4
Engine, liters, cyl.	2.6 Four	2.2 Four	2.4 Four
Horsepower @rpm	105 @5000	98 @5200	100 @4800
Torque @rpm, lbs.-ft.	139 @2500	127 @2800	129 @2800
Payload, lbs.	1510	1400	1400
Fuel tank capacity, U.S. gal.	18.0	15.9	13.5
Box length, in.	81.5	73.4	72.2
Steering type	Power	Manual	Manual

*Base sticker price excluding title, taxes and destination charges. Price [illegible] of 6-21-82.

Winners: In 1981 Dodge Ramcharger won *Four Wheeler* magazine's "Four Wheeler of the Year" award. Now Dodge Power Ram 50 is 1982's winner, and *Off Road* magazine's "4x4 of the Year."

Dodge Trucks
RAM TOUGH

DAVID STU

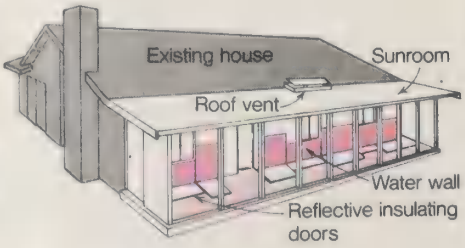
Inside living room *(above), wood-framed water containers give gentle warmth. In sunroom (below), insulated panels pivot down to expose containers for heat collection*

Low-cost energy remodel

A south-facing sunroom and a heat-storing water wall are the major elements of Frank R. Schiavo's low-cost energy remodel of his San Jose tract house. The new sunroom admits low winter sun for heat gain. Sliding windows, exterior doors, and a roof vent control the flow of warm air from the sunroom into the house and prevent overheating.

Thermal mass for heat storage is provided by water held in 78 five-gallon cans that are stacked in bookcase-like enclosures in the common wall between house and sunroom. Bought new for $2.25 each, the cans were painted flat black on the outside for maximum heat absorption, then filled with water containing a rust- and bacteria-inhibiting solution. (Other containers or custom-fabricated units could also be used.) Heat transfer from sunroom to living space is direct but gentle.

For heat collection, the sunroom is closed to the outside and the water wall is exposed to the sun. At night, doors of plywood-framed rigid foam insulation fasten into place, and the stored heat radiates into the house. Open by day, the doors' foil facings reflect extra sun onto the containers. □



Sunroom floor *(light tone) and water walls (dark) store solar heat for night*

The artful use of space

Space is costly. Make it work for you. Group airy imported furniture on handloomed rugs, leaving floorspace for party traffic or charades. Since large pieces dominate space, a sofa and a prized antique are enough. Frame your art lightly. Place plants where they lead the eye to far corners. Don't skimp here; small trees do it best. Strew pillows and collected curios with abandon; a good basic arrangement calls for accessories, just as a good meal calls for dessert. To begin, come feast your eyes on the new Pier 1 collections—contemporary furniture, rattan, rugs, blinds, prints, pillows, glassware and porcelain from 60 countries. They'll give you ideas for the artful use of space.

The new Pier 1 collections

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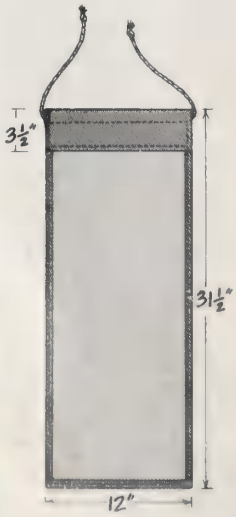
DARROW M. WATT

A variation *of the classic bib, lap-length cover-up helps protect clothing from messy finger foods*

Teppan-yaki cover-ups . . . Japanese bibs



Drawstring *threads through sewn casing at top*

We spotted cover-ups like these at a cook-your-own teppan-yaki restaurant in Japan, where hot grease spattered from tabletop grills. Half aprons, half napkins, the cover-ups are especially handy when you serve messy finger food such as spareribs or cioppino.

You can turn out several in less than an hour; 1 yard of 45-inch-wide cotton makes three average-size aprons (see sketch). Also buy ⅞ yard of woven cord for each tie, and thread to match the fabric.

The measurements given here will fit most adults (cover-up should be wide enough to cover the chest and long enough to reach mid-thigh); measure and adjust fabric requirements for larger or smaller sizes.

Turn side and bottom hems ½ inch to wrong side; press, machine-stitch. To make casing, turn top edge under ¼ inch, press. Next, turn under another 3½ inches, press, and stitch close to bottom edge, up sides, and across top (½ inch from top edge). Thread cord through top channel; knot cord ends.

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The big windows are sliding door panels

Santa Catalinas *are in wide-screen view through standard sliding glass doors that start 3 feet above the sunken floor, reach nearly to top of 11-foot wall.*

GLENN CHRISTIANSE

Other glass doors *and fixed center panel in dining area sit closer to the floor*

When openable windows get big, they get expensive. But Betty and Edward Kollar wanted windows big enough to give wide views of Tucson's Santa Catalina Mountains, yet openable to let afternoon breezes cool the house.

Architect Judith Chafee met both requirements and saved the owners a small fortune in window hardware by using standard sliding door panels and track.

In the sunken living room, a large fixed panel and two pairs of sliding panels framed in bronze-anodized aluminum start at a sill height of 36 inches. In the adjoining dining area, a similar combination (but with a narrower center panel) starts just a foot off the floor. In both places, a painted wood valance extends from window to ceiling.

It's a jungle in there.

You wouldn't believe all the menacing things that are around your house. Everyone's house. Tobacco smoke odors, dust, pollen, gases like formaldehyde, and odors from harmful bacteria and fungi. All trapped in the indoor air you breathe. A veritable jungle indeed.

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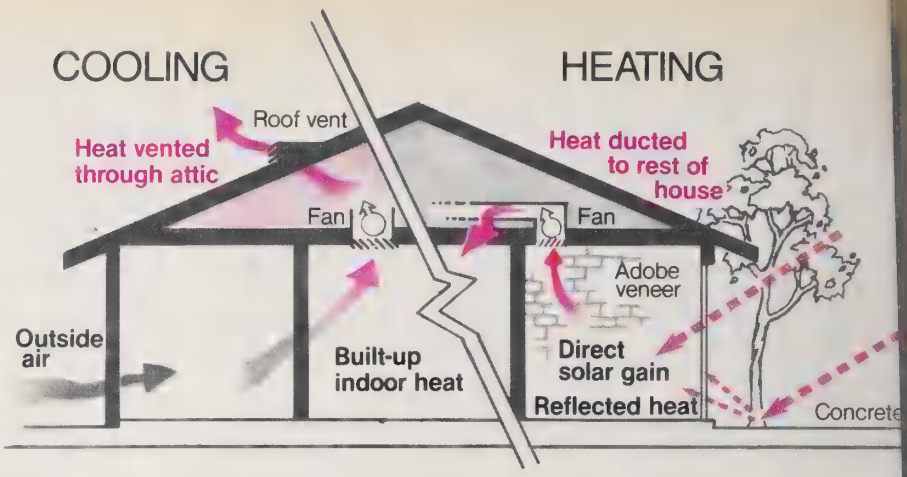

In summer *(left), big fan exhausts room heat into attic and out vent, pulling cooler air in behind. In winter (right), small blower pushes sun-generated heat through ducting to other rooms*

They use fans big and small to shift heat, bring in coolness

One big fan, properly sized and placed, can do wonders to cool your house inexpensively during summer. And in winter, a much smaller fan attached to ducting can spread heat more evenly through your house, at a further saving.

The key: generally, it takes less energy to *move* air than to *create* cold or warmth, though the effect can be the same.

Architect James Plumb used both approaches in remodeling Corrie and Steve Bauers' 1902 adobe house in Carmichael.

DON NORMARK

Light-colored *aggregate reflects extra radiation through south-facing glass in winter. In summer, both roof overhang and leafed-out tree help shield wall from unwanted heat*

Floor tile *and adobe veneer at rear of solar room absorb sun's heat. Excess heat is ducted elsewhere in house; stored heat will radiate slowly at night, allowing comfortably warm billiard play*

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California, which needed both expansi and some heating and cooling help.

Spreading the warmth

The heart of the remodel is a large eas ward addition with plenty of south-faci glass for direct solar gain; the penetrati sun strikes a heat-storing tile floor ar adobe-veneer walls that match the orig nal adobe. The exterior walls are heavi insulated and sided to help keep in th stored heat.

This heat is shared: in the ceiling of th solar room, a fan rated at 150 cubic fe per minute (cfm) moves warm air to ad joining rooms.

Bringing in coolness

Elsewhere, in a centrally located ceilin Plumb installed a larger whole-house fa so named because it's powerful enough t set up air currents throughout the house.

When a thermostat senses indoor hea buildup, the fan switches on and pull heat into the attic, where it exhausts ou a roof vent. Air pulled through the hous creates a mild wind-chill effect, an evening breezes are pulled indoors quick ly. Cooling is controlled by opening and closing various exterior doors an windows.

Once cooled, old adobe and new venee help absorb accumulating heat on sum mer days, just as they store solar heat in winter. (Plaster or thick wallboard ca have a similar tempering effect.)

While costs will vary with the size and other particulars of your home, an attic-mounted whole-house fan might cost you about $500 installed.

To size a fan, estimate the volume of your living space in cubic feet, then seek one with a cfm rating large enough to exhaust this volume at the rate of 10 times per hour in hot climates like Carmichael (less in cooler areas). □

DON NORMARK

Powerful pull *of attic fan lifts louvers to evacuate summer heat and creates breezes up and down hallway*

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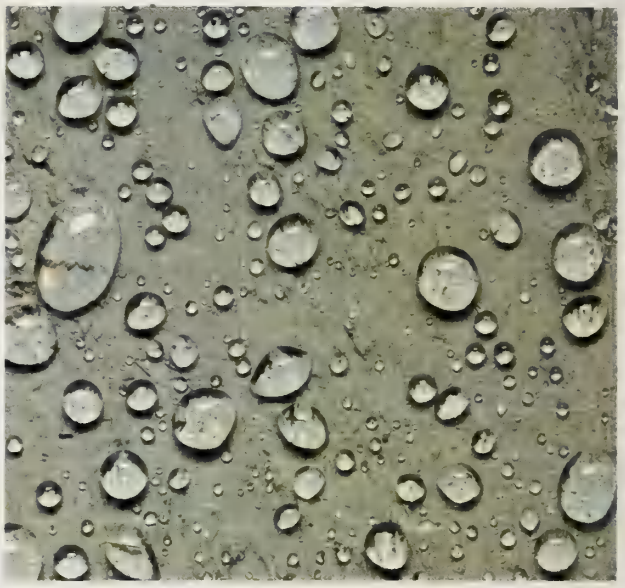

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DON NORMARK

Kayak flotilla *is stowed on multilevel slings in shed between fence and carport*

Sling storage for kayaks

This back-yard boathouse was designed to fit into a 5-foot gap between a fenced deck and a carport. The gravel-floored open shed provides dry, inconspicuous, and easily accessible storage for several kayaks, their paddles, and weatherproof accessories.

Along the top of the 5-foot-high fence, 2 by 4's are set on 24-inch centers to support the shingled plywood roof, which slopes from 7½ feet at the carport side to 6 feet at the fence. Lattice, stained to match the fence, fills in the shed's upper walls, allowing air to circulate freely.

The lightweight boats rest on wooden support bars at the back of the shed. Swing-out-of-the-way slings hold them at the front; these are straps of 4-inch-wide nylon webbing suspended from the rafters. Architect-owner is Alex Bertulis of Seattle. □

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DARROW M. WATT

Freestanding doors make wooden draperies

Standard sets of full-louvered bifold doors act as inexpensive window coverings in the living room of landscape architect Louis Marano. The 36-inch-wide units screen small side windows and flank a larger window facing the street. Since they are lightweight, they are easy to move and, when the sun backlights them, they produce a warm-toned horizontal banding.

PETER O. WHITELEY

Art of the month

Hanging prominently on a kitchen wall is a constantly changing display of the latest drawings and paintings of this 5-year-old artist. To encourage his interest but present the art work in an orderly way, his parents made a 32- by 42-inch frame with an acrylic face and a removable hardboard back rabbeted into the frame. Double-sided tape holds the projects in place.

Laminated woods help the home craftsman

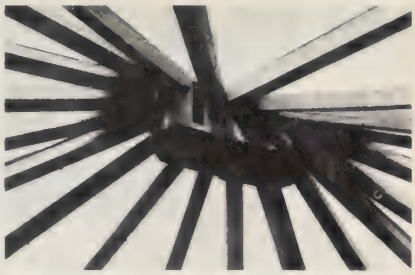
NORMAN A. PLATE

Ready-made laminated woods can be real timesavers when you make tabletops or cabinets. In the top picture we show a sturdy workbench that is simply a 12-foot-long, 30-inch-wide, and 3½-inch-thick glue-laminated beam on 4-by-4 legs. It provides a solid base for woodworking projects.

The picture below it shows fir cabinets made from lengths of 1- by 18-inch edge-glued panels. The doors were especially easy to make—cross-cutting was all that was required.

At left you see the most widely available kinds of laminated hardwoods and softwoods you can find or special-order at lumberyards. All are kiln-dried, but costs vary widely with the kind of wood, width, and thickness.

DON NORMARK



Workshop during remodel

Living with the mess of a remodel in your house is no fun, so Steve Gustav of Bellevue, Washington, decided to house the mess in this inexpensive temporary workshop. Set on a plywood-floored platform, the workshop is a structure of 2 by 4's covered with 6-mil clear plastic held in place with heavy staples. The plastic lets light in, keeps heat in, and sheds rain.

The roof is made of long 2 by 4's attached like spokes to a central member, but a simple shed roof would be as functional and easier to build.

Total cost was $312, and materials will be recycled.

GLENN CHRISTIANSEN

Two-car garage—parking for four

Steep hills are usually a problem as far as construction goes, but architect Jim Cutler of Bainbridge Island, Washington, used a hill to his advantage when designing the garage for Dana and Diane Covert's house. The two-car garage, separate from the house, is tucked into the steepest part of the hill. Two cars park in the garage, and there's room for two more on the roof. The slope allowed flat access to both.

The extra-strong roof is poured concrete on a four-ply built-up roof over 2-by-6 tongue-and-groove decking over 2 by 12's spaced a foot apart.

When there aren't enough closets

To make up for limited closet space, Marj and Bob Metz of La Jolla, California, designed three wall-hung plywood boxes for the end wall of their bedroom. Each unit is 22 inches deep and 36 inches wide, but heights vary with what they store. The tallest (68 inches) holds dresses, the middle unit (54 inches) is for pants, and the shortest (40 inches) stores shirts.

There are no backs to the units—just 1 by 3's along the top and bottom. Lag screws through the 1 by 3's and into the wall studs hold the boxes to the wall.

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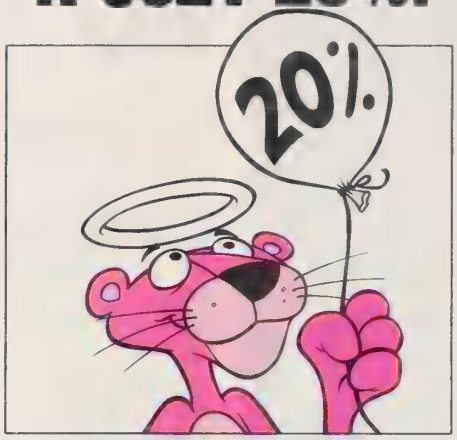

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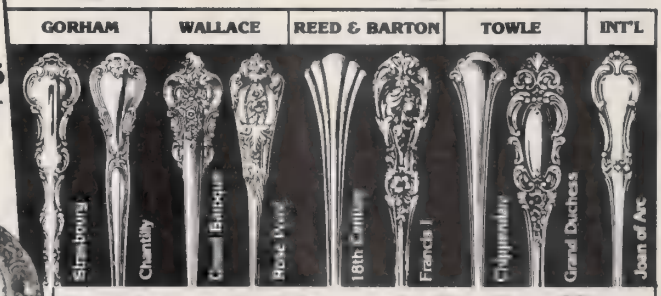

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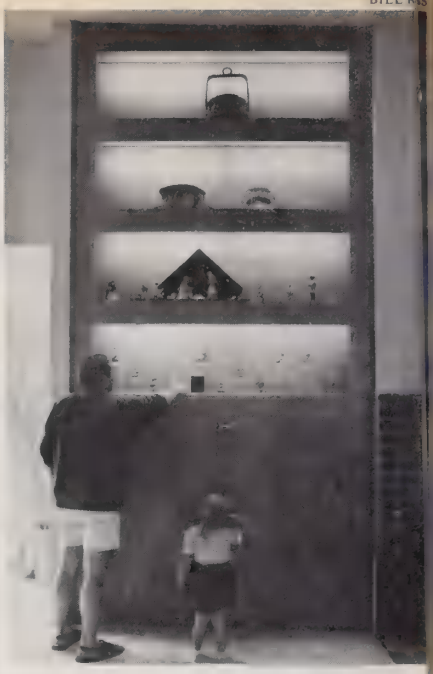

End-to-end pairs *of fluorescent tubes mounted behind 6-inch-wide skirts light the four display shelves*

Hidden lights for display shelves

A satiny glow bathes the oiled and hand-rubbed ash shelves in Valerie and Larry Goodpastor's living room. To draw attention to a growing array of collectibles, San Diego architect James Nicoloff concealed lights under the shelves of extra-tall storage and display units he designed to flank the fireplace.

Under the front edge of each 1-by-12 shelf, he mounted two 3-foot fluorescent light tubes. On the front of the shelves and along each side, he blind-doweled 6-inch-wide skirts. These skirts add strength to the shelves, give them a finished look, and hide the light tubes and electrical wiring from direct view. □

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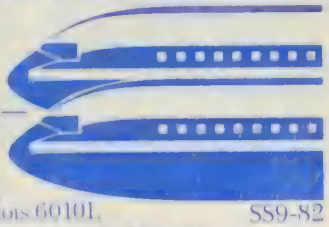

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ANTHONY BERNHE

Before, *the fireplace was embedded in the wall, making the living room seem boxed in. The kitchen was divided into two small rooms, with the stove standing outside the main area next to the back of the fireplace*

JOSEPHINE COATSWOR

Like an unearthed artifact, *sandblasted brick fireplace serves as a focal point, helps define separate living space*

Wide open now, this small old house started out boxy

Like a patient with blocked arteries, this small, turn-of-the-century row house in Oakland was congested. Its boxy little rooms gave the house a closed-in feeling. Owner-architect Anthony Bernheim and his wife Janis Burger decided to perform surgery.

In the course of the extensive operation, Bernheim removed interior walls dividing living room from the dining room and kitchen, providing much-needed cross-

alley behind the fireplace includes wo-sided workspace with storage. New ounter separates dining area from kitchen

Warren of small rooms *(color lines) was replaced by single multipurpose space. Rear deck is also new*

ventilation. The remodel turned an existing fireplace into the major space-defining element, separating living room from kitchen without enclosing either space. Now freestanding in a single 25- by 25-foot room, the sandblasted brick fireplace and chimney act as a focal point against white-painted walls and ceiling and white counters. Kitchen clutter remains hidden behind the chimney, where sink and work surfaces reside.

For structural support, double 2 by 12's sandwich three 4-by-4 posts which run through the middle of the new space, following the line of the old wall between living room and dining room. The owners also removed yards of vinyl flooring and refinished the existing pine boards underneath. □

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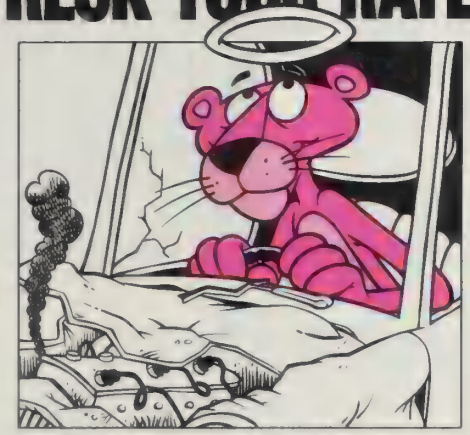

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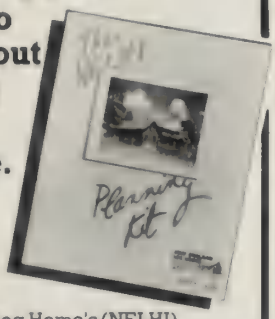

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JOSEPHINE COATSWORTH

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A vertical banister helps guests negotiate the switchback in the compact stairway of this Oakland house.

Conventional 1¾-inch hardwood handrails follow each flight of steps but do not turn the corner, which would have required careful joinery.

Architect-owner Anthony Bernheim found a simpler and less costly solution by running a 3-foot railing up the post at the turn. To make a firm connection, 3-inch-long ¾-inch dowels were hammered into ½-inch-deep epoxy-filled holes near each end of the rail and fitted into similar holes on the post. The dowels position the rail 2 inches from the post to allow for easy grasping. □

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JOE CONGDON

As weight of flowerpots *pushes down, supports under shelf press against wall. Hooks and eye screws hold shelf to sill*

Windowsill pot shelf . . . removabl

Gravity and leverage make this removab shelf unit work. It fastens below a windo with screw hooks in the back of the re board and eyes screwed into the window sill. To lock the unit in place, two suppor under the shelf butt against the side of th house.

The simple design, by Joe Congdon Cayucos, California, uses 2-by-4 lumbe Although dimensions could be sized t any window with a sill, he cut two 34-inch long shelf boards and two 11½-inch-lon cross-supports.

First center the back shelf board on th window, then mark and screw both sets o hooks and eyes into the board and si about ¾ inch from their bottom edges Slip one support under the shelf board an windowsill, so the board is square to th wall and level. Mark the location of th board on the support; unhook board an nail it to the support.

Repeat for other support, then nail th front board onto both supports. Seal al surfaces, and paint or stain.

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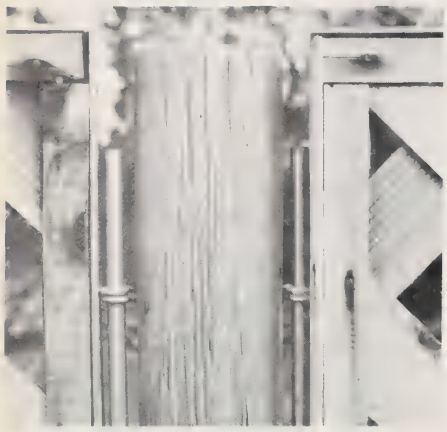
Conduit pins *drop through aligned eye screws to hold panels to posts*



DAVID STUBE

Fence panels remove to let his sailboat out of the yard

Removable sections of fence make it easy for Sacramento architect Randy Haight to have occasional access to his side yard, where he stores a small sailboat. He designed the modular fence system using 62- by 96-inch panels made of 2-by-4 frames with a lattice grid of benderboard.

Each panel secures to posts made of pressure-treated peeler core logs set 30 inches into concrete, then cut off 66 inches above the lawn.

A band of concrete running between the posts keeps his dogs from tunneling out.

Screwed into both sides of the posts an fence sections are 2-inch-long eye screw spaced 9 and 40 inches from the tops Haight carefully placed the eye screws s they align vertically. To lock a section be tween the posts, he stacks the section's ey screws on top of those in the posts, the slips a 60-inch-long piece of ½-inch elec trical conduit through both sets. He ca adjust screws in or out to allow for move ment in the wood.

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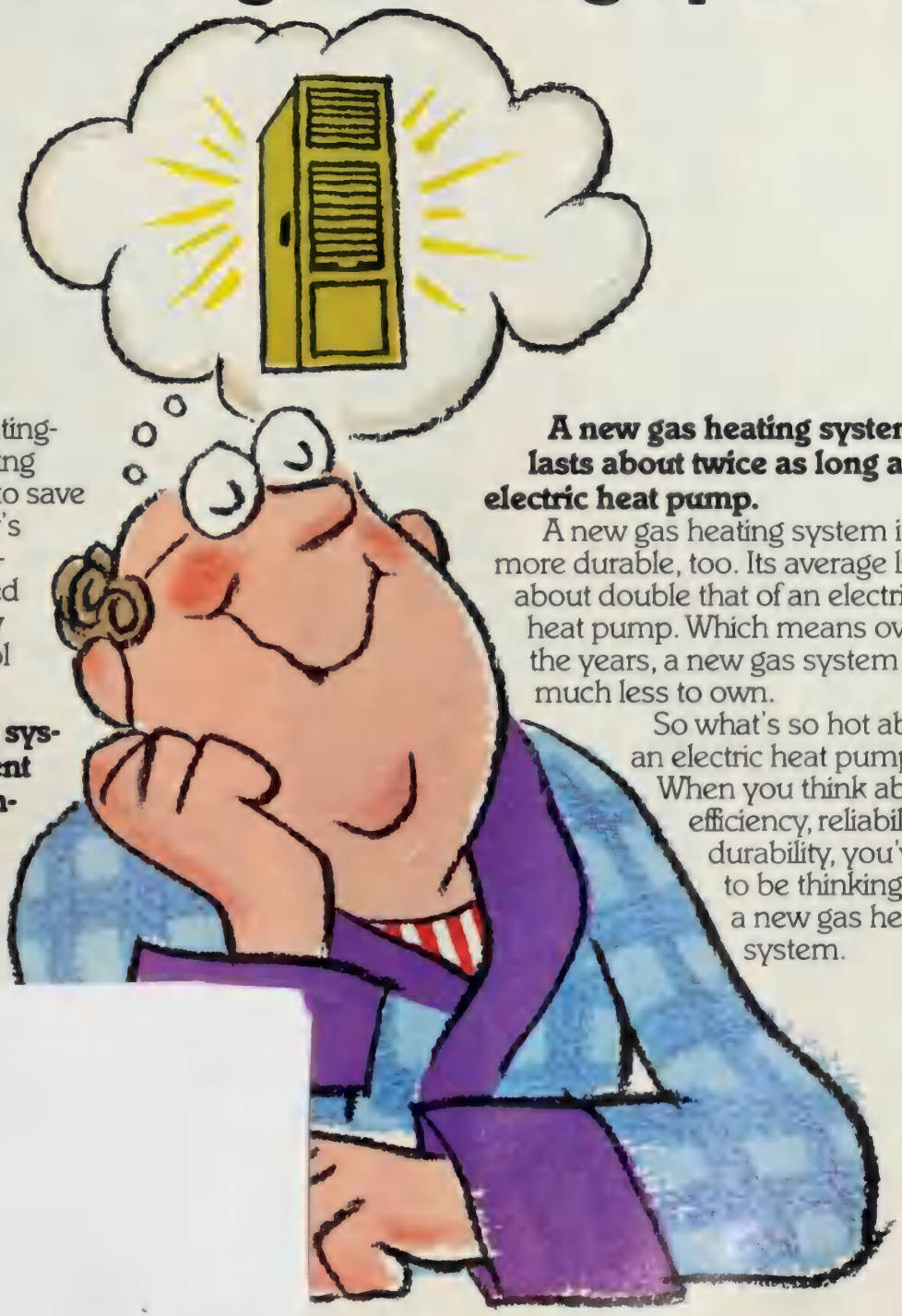

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PETER CHRISTIANSEN

utters *roll open or closed on set door hardware. Louvered panels be adjusted to control glare*

Louvered shutters slide like doors

lexibility in controlling light made lou-ered shutters seem the best choice for the oor-to-ceiling glass doors in this Santa arbara living room. But the owners dn't want shutters that would swing into ıe room's usable space.

ıstead, for each glass door they used two by 10-foot louvered panels hung with iding-door hardware on a track mounted ehind a 1-by-3 valance at the ceiling. □

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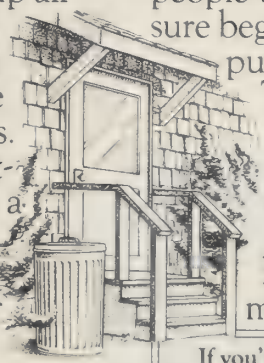
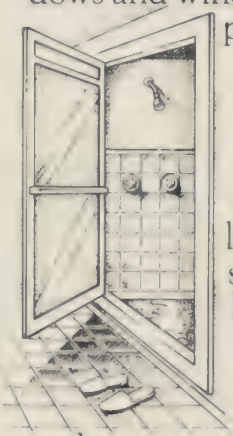


Next, we replaced our potentially dangerous glass shower door and burglar-proofed our back door window. We'll probably put in acrylic storm windows and windbreakers on the patio, too.



Acrylic has so many advantages over glass—it's virtually nonbreakable, lightweight and safe to handle. I was surprised to learn that it comes in a variety of colors and textures and cuts easily into unusual sizes and shapes.

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Sunset's Kitchen Cabinet®

As summer draws to a close, fresh sun-ripened produce reaches its peak in availability. Here, eggplant and pepper relish and dill-flavored stuffed mushrooms make use of September's bountiful vegetables. To pay tribute to summer fruits, we suggest a jellied avocado salad with peaches and watermelon chunks, and a lemon soufflé served with purple plums.

For late-summer outdoor meals, there's barbecued chicken tandoori,

Sprinkle pine nuts over this eggplant, caper, and red pepper relish to serve

Italian Eggplant Relish

Scoop this appetizer into small lettuce leaves or pita bread triangles.

- 1 eggplant, about 1½ pounds
- 2 large red bell peppers
- ½ cup olive oil
- 1 large onion, chopped
- 1½ cups thinly sliced celery
- 3 cloves garlic, minced or pressed
- ¼ cup (3 oz.) tomato paste
- 1 cup water
- ¼ cup red wine vinegar
- 1 tablespoon *each* sugar and drained capers
- 1 cup sliced pitted ripe olives
- ¼ cup pine nuts

Cut unpeeled eggplant into ½-inch cubes. Core, seed, and dice peppers. Warm oil in a 12- to 14-inch frying p over medium heat. Add eggplant; co and cook, stirring occasionally, un eggplant softens slightly, about 5 m utes. Uncover; stir frequently un eggplant begins to brown, about minutes. Mix in peppers, onion, cele and garlic; cook until onion is soft.

Add tomato paste, water, vinegar, su ar, capers, and olives. Stir frequen and cook until sauce is very thick a eggplant is very soft, about 10 minut Serve, or cover and chill up to 1 wee Serve cold or at room temperatu topped with nuts. Makes 1½ quarts. *C. T., Rancho Palos Verdes, Calif.*

Bake the cheese, spinach, and sausage filling in mushroom caps and serve hot

Florentine Mushroom Entrée

Another time, you might serve these stuffed mushrooms for appetizers.

- 12 ounces (¾ lb.) Italian sausage
- 1 pound spinach
- 1½ tablespoons fresh dill or 1 teaspoon dry dill weed
- 1½ cups (6 oz.) shredded jack cheese
- ½ cup (4 oz.) ricotta cheese
- 24 (1½- to 2-inch diameter) mushrooms
- ¼ cup (⅛ lb.) melted butter or margarine

Crumble sausage into a 12- to 14-inch frying pan. Cook over medium heat, stirring, until sausage is well browned. Lift sausage from pan with a slotted spoon; and place in a bowl. Discard all but 1 tablespoon of the drippings.

Wash spinach, remove and disca stems, and chop leaves. Add to fryi pan with the water that clings to the cover and cook until limp, about 1 mi ute. Drain thoroughly; combine wi the sausage, dill, and the jack and cotta cheeses.

Pull out mushroom stems; reserve f other uses. Place butter in a 9- by 1 inch baking dish; add mushroom turning to coat. Place mushrooms cav ty side up; mound with equal portio of filling.

Bake uncovered in a 400° oven un hot throughout, about 15 minute Serves 4 to 6. —*J. H., Santa Barbara*

Split cooled wheat buns and fill with hamburgers, or picnic meats and cheeses

Wheat Germ Sandwich Buns

These quick-to-make buns rise only once, in about 30 minutes.

- 2 tablespoons firmly packed brown sugar
- 1 teaspoon salt
- 2 packages active dry yeast
- About 5 cups all-purpose flour
- 2 cups milk
- ¼ cup (⅛ lb.) butter or margarine
- 2 eggs
- 1 cup regular wheat germ

In a large bowl, combine the sugar, salt, yeast, and 2 cups of the flour. Heat milk and butter to very warm (115° to 120°); stir into flour mixture. Add 1 egg, 1 cup more flour, and the wheat germ; beat until well blended. Mix in about 1½ cups more flour t make a stiff dough.

Turn dough out on a floured board an knead until smooth, about 10 minute adding more of the flour as required t prevent sticking. Divide dough into 1 equal pieces and shape each piece int a smooth ball. Arrange 3 inches apar on greased baking sheets. Cover, an let rise in a warm place until doubled about 30 minutes.

Beat remaining egg; brush over buns Bake buns in a 375° oven until richl browned, 15 to 20 minutes. Serve ho or cold. Makes 1 dozen buns. *J. B. Point Arena, Calif.*

d wheat germ rolls for encasing mburgers or sandwich makings.

share your favorite fall and winter ipes, send them to *Sunset Magazine*, Menlo Park, Calif. 94025. We y $25 for each published recipe.

We're still celebrating summer . . . eggplant and peppers in relish, peaches and melons with avocado

ndoori Chicken

soothe heated palates, serve cold yort with this spicy chicken dish.

- 5 large chicken legs with thighs attached (3 to 3½ lbs.)
- 1 teaspoon grated fresh ginger
- 1 teaspoon ground allspice
- 4 to ½ teaspoon crushed dried hot red pepper
- 2 cloves garlic, minced or pressed
- 1 tablespoon lemon juice
- Unflavored yogurt

nse chicken legs and pat dry. Mash gether the ginger, allspice, pepper, rlic, and lemon juice to make a paste. ft the skin of each chicken leg and read ½ teaspoon of paste over chickflesh. Brush any remaining paste over chicken skin.

To prepare fire, spread enough charcoal briquets in the bottom of your barbecue to form a single solid layer; mound and ignite briquets. When they are covered with gray ash, spread to form a single layer.

Arrange chicken on a greased grill 6 inches above hot coals. Cook, turning frequently, until meat near bone is no longer pink when cut with a knife, about 45 minutes. Transfer chicken to a heated serving platter and serve hot; accompany with cold yogurt to spoon over individual servings. Serves 6.
—*J. B., Berkeley.*

Spicy ginger, garlic, and red pepper paste goes on chicken before grilling

llied Avocados with Fruit

urrant and citrus flavored jelly fills e cavities of these avocados.

- 1 teaspoon unflavored gelatin
- ⅓ cup water
- 2 tablespoons currant jelly
- 3 tablespoons orange juice
- 1 tablespoon lemon juice
- 1 teaspoon sugar
- 3 medium-size avocados
- 3 peaches, peeled, pitted, and sliced
- 3 cups watermelon chunks

ombine gelatin and water and let and 5 minutes to soften.

a 1-quart pan, combine jelly, orange nd lemon juices, and sugar. Bring to a oil, stirring to dissolve jelly; stir in the elatin mixture. Refrigerate until slightly thickened.

With a sharp knife, neatly cut avocados in half lengthwise. Remove and discard pit. Arrange avocados snugly in a pan to steady them.

Spoon all but 1 tablespoon of the jelly mixture equally into avocado cavities, making sure to coat top surfaces to prevent browning. Chill until set, at least 1 hour. Use remaining room-temperature glaze to thinly coat tops of avocados; chill until serving time.

To serve, arrange 1 gelatin-filled avocado half and 1 cup fresh fruit on each of 6 salad plates. Serves 6.—*L. G., Bremerton, Wash.*

Surround shimmering jellied avocados with chunks of peaches and watermelon

emon Soufflé

lices of purple plums or small bunches f grapes provide a colorful contrast to his chilled soufflé.

- 1 envelope unflavored gelatin
- 1 cup sugar
- ¼ cup cold water
- 4 eggs, separated
- 2 teaspoons grated lemon peel
- ½ cup lemon juice
- 1 cup whipping cream
- Purple plum slices or small bunches of purple grapes

ombine gelatin, ½ cup of the sugar, nd water in the top of a double boiler; eat in egg yolks, lemon peel and juice ntil well blended. Cook, stirring, over oiling water just until mixture coats a metal spoon evenly. Remove from heat. Cool to room temperature.

With an electric mixer, beat egg whites until soft peaks form. Gradually beat in the remaining ½ cup sugar; continue beating until stiff, moist peaks form. Whip the cream in a separate bowl until soft peaks form.

With a wire whip or rubber scraper, fold the whipped cream and lemon mixture into the beaten whites just until blended; spoon into a 4- to 6-cup soufflé dish and chill until firm, at least 4 hours. Offer plums or grapes with each serving. Serves 6 to 8.—*M. R., Santa Rosa, Calif.* □

A lemon rose, made from a spiral of the fruit's peel, makes an elegant garnish

TERI SANDIS

Lift and blend *hot spaghetti, red pepper slivers, and scallop slices with lemon-garlic sauce just before serv*

Pasta as a scallop stretcher

Teaming scallops with pasta is one good way to stretch a pound of this delectable but rather expensive seafood to serve four generously or six adequately.

Pasta readily absorbs the distinctive flavor of the scallops, especially when the shellfish is cut into thin slices.

Our first two recipes are for hot dishes. One is spaghetti with a light dressing of lemon and garlic, flecked with slivers of red bell pepper. The other blends green noodles, tender-crisp vegetables, and cream. Our third suggestion is a cold pasta and scallop salad enlivened with a fresh basil dressing.

Scallops and Green Noodles

- 2 large carrots, peeled
- 1 large red bell pepper, cored and seeded
- 8 green onions, roots trimmed
- ½ cup (¼ lb.) butter or margarine
- ⅔ cup dry white wine
- 1 pound scallops, cut into ¼-inch slices
- 1½ cups whipping cream
- 8 ounces spinach egg noodles
- Boiling water
- Salt and pepper
- Fresh grated nutmeg

Cut carrot, red pepper, and onions (with some of the green tops) in slivers about ⅛ inch thick and 2 to 3 inches long.

Melt 2 tablespoons of the butter in a 12- to 14-inch frying pan over high heat. Add the carrots and stir until slightly limp, about 1 minute; lift out and set aside. Melt another 1 tablespoon of the butter and stir peppers until slightly limp, about 1 minute; lift out and set aside. Melt 1 more tablespoon butter, add onions, stir just to heat; pour out and set aside.

To pan add wine and bring to a boil. Add the scallops, cover, cook just until scallops are opaque, about 3 minutes. Lift scallops from juice and set aside. Add cream to pan liquid and bring to a rolling boil; cook until total liquid in pan measures 1¾ cups. Turn heat to low and stir in the remaining butter until it melts.

Meanwhile, cook noodles in 4 quarts water until tender to bite, about 5 minutes. Drain noodles, rinse with cold water, and drain again; add to cream. Mix by lifting with 2 forks, then add scallops and vegetables and mix gently. Season to taste with salt, pepper, and nutmeg. Serves 4 to 6.

Scallops and Red Pepper Pasta

- 1 lemon
- 12 ounces spaghetti
- Water
- ¼ cup (⅛ lb.) butter or margarine
- ¼ cup olive oil
- 3 large red bell peppers, cored, seeded, and cut into thin slivers
- 2 cloves garlic, minced or pressed
- ¼ to ½ teaspoon crushed dried hot red pepper
- 1 pound scallops, cut into ¼-inch slices
- ¾ cup regular-strength chicken broth
- ¼ cup lemon juice
- ¾ cup finely chopped parsley
- Salt and pepper

With a zester, cut peel from lemon in fine shreds (or thinly pare yellow layer of skin and cut into fine slivers); reserve lemon to juice. Cook the spaghetti in 4 quarts of boiling water until tender to bite, about 9 minutes. Drain, rinse with cold water and let stand to drain again.

Heat butter and olive oil in a 10- to 12-inch frying pan over medium-high heat. Add bell pepper slivers, garlic, and crushed pepper; cook, stirring, 1 minute. Lift out bell peppers with a slotted spoon;

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set aside. Add to pan broth and lem juice; bring to a boil. Add the scall cover, and cook until scallops are opa about 3 minutes; remove from heat. scallops from liquid and place with peppers.

Add spaghetti to liquid; heat, lifting w two forks, until pasta is hot. Pour pa and sauce onto a serving dish; top w parsley, scallops, vegetables, and lem zest. Mix to serve, and season to taste w salt and pepper. Serves 4 to 6.

In this third recipe, we suggest tryin a seashell-shaped pasta as an amusing alt- native to the twisted noodles.

Basil and Scallop Pasta Salad

- 8 ounces twisted egg noodles
  Water
- 4 cups broccoli flowerets, cut into 1-inc pieces
- 1 pound scallops, cut into ¼-inch slices
- ¼ cup *each* lemon juice and white wine vinegar
- ½ cup *each* olive oil and salad oil
- 1 teaspoon *each* dry mustard and suga
- 1 clove garlic, minced or pressed
- 1 cup finely chopped fresh basil leaves
  Salt and pepper

Cook the noodles in 4 quarts of boiling w ter until tender to bite, about 8 minut drain, rinse with cold water and let drai

Pour ¼ inch water in a 10- to 12-inch fr ing pan. Bring to a boil; add broccoli flo erets, cover, and cook until tender-cris about 2 minutes. Drain and immerse in i water to cool: drain and set aside. Add a other ¼ inch of water to pan, bring to bo then add scallops; cover and cook un opaque, about 3 minutes. Drain and ad to the broccoli.

Stir together the lemon juice, vinegar, o ive oil, salad oil, mustard, sugar, garli and basil. Gently mix noodles, brocco scallops, and dressing. Season to tas with salt and pepper.

Cover and chill at least 2 hours or as lon as overnight. Serves 4 to 6.

TERI SANDIS

Broccoli flowerets *mingle with curly noodles and scallops in this cold salad with a fresh basil dressing*

When you have Stouffer's, there's more time for you.

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Green butters . . . just whirled with herbs

Tender herbs whirled with butter to make delicate green spreads can provide a touch of freshness in flavor as well as appearance for open-faced sandwiches. Choices of herbs for this season include basil, chives, mint, watercress, and parsley; we suggest some specific combinations for sandwiches.

DARROW M. WA

Fresh basil *blended with butter and lemon makes spread for open-faced sandwich of Parmesan cheese, tomato, and egg—dressed up with chive spears*

You'll be tempted to try these easy-t keep herb blends in other ways, too— toppings for baked or boiled potatoes ar other hot vegetables, or to season barb cued meats, fish, and poultry.

A similar but lighter spread mixture ca be made with cream cheese as a base, a suggested below.

Green Butter

- ½ cup (¼ lb.) butter or margarine, at room temperature
- ½ cup lightly packed leaves of fresh basil, chives, mint, parsley, or watercress
- 1 teaspoon lemon juice

Put butter, herb leaves, and lemon juice i a blender or food processor (with meta blade). Whirl or process until smoothl blended, occasionally stopping motor an pushing butter and herbs down into con tainer with a rubber spatula. Use, or cove and chill as long as a week. Let come t room temperature before spreading Makes about ²/₃ cup, or enough for 4 to sandwiches.

Green cream cheese. Follow directions fo Green Butter, but use ½ cup (4 oz.) **cream cheese** instead of the butter. Makes abou ½ cup.

Here are some sandwich combinations to try, using herb butters or cheeses.

Basil butter: spread on **whole wheat bread** and top with thinly sliced **Parmesan cheese,** sliced **tomatoes,** and sliced hard-cooked **eggs.**

Chive butter: spread on thin-sliced **French bread** and top with thin-sliced **smoked turkey,** roast beef, or Cheddar cheese.

Mint butter: spread on **light rye bread** and top with sliced roast **pork** or ham and **apple butter.** Or top with sliced roast lamb and canned pimiento strips.

Parsley or **watercress butter:** spread on **whole wheat bread** and top with sliced cooked **chicken** or turkey and paper-thin **lemon** slices. Or spread on pumpernickel bread and top with thin cucumber slices.

Cure|81 Golden Praline Ham

Golden Praline Ham

1-16 oz. jar apricot-pineapple preserves
½ cup brown sugar
Pecan halves and maraschino cherries for garnish.

Combine apricot-pineapple preserves with brown sugar and heat in saucepan, stirring well. Spread mixture over Cure/81 Ham for last half hour of baking. When ham is finished, garnish with alternating diagonal rows of pecan halves and cherry halves.

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Enjoy serving fresh pineapple as an appetizer, in fruit salads, or blended in frothy summer drinks.

Every luscious bite is a taste of paradise, no matter how you

en peach cubes. Peel and pit **peaches**. Cut into about ¾-inch chunks. Dip in **lemon juice** to coat, then set slightly apart in a single layer in a shallow pan. Cover and freeze until solid. With a wide spatula, slide fruit off pan and store in freezer bags or containers until ready to use.

Frozen strawberry cubes. Wash **berries** and remove stems. Cut berries into about ¾-inch chunks. Freeze as directed above.

Frozen pineapple cubes. Cut off top and base of **pineapple,** then slice off skin deep enough to remove eyes. Cut out and remove core. Cut fruit into about ¾-inch chunks. Freeze as directed above.

Frozen watermelon cubes. Slice **watermelon** into ¾-inch-thick slices. Cut off rind. Cut fruit into ¾-inch cubes. Remove seeds. Freeze as directed above.

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The Room Makers™

Out of three ice chests, a three-course portable buffet

First course *is shrimp cocktail with toppings of tomato sauce, avocado, coriander, a squeeze of lime*

Round two *is a chilled vichyssoise; you add ham, chives, and a dusting of fresh nutmeg*

An ice chest is meant to be functional. It keeps food well insulated and it's portable. And when packed with planning, it can also make an ideal serving table for picnics. You can use the ice not only to keep foods cold, but to provide an attractive base for their presentation: just lift the lid from the chest and you have a ready-to-serve buffet.

That's just what we have here—a three-course menu, with each course organized for serving in a separate ice chest. The foods are packed in durable containers and sealed watertight—perhaps simply with plastic wrap held in place by a rubber band. Containers are then nested in the ice, with their tops protruding for easy access. Some unpackaged foods rest directly on the ice.

The first course for this outdoor party is a make-your-own shrimp cocktail.

A smooth vichyssoise is the main course; it is given body by the optional addition of slivers of ham, gratings of fresh nutmeg, and snips of fresh chives.

The dessert chest contains a bowl of lightly sugared strawberries and slices of nectarines or peeled peaches (turned in lemon juice to keep colors fresh); spoon fruit into serving dishes and bathe with a fruity white wine such as a late-harvest Johannisberg Riesling or Gewürztraminer. Accompany with cookies. The fruit and wine flavors mingle quickly; sip the wine and eat the fruit with a spoon.

Additional beverages for the meal can be distributed among the three chests. Use disposable plastic beverage cups and spoons for each course. You can purchase crushed ice or accumulate a supply of ice cubes in your freezer.

Ice chest buffet

Shrimp Cocktail
California Vichyssoise
Breadsticks and Butter
Summer Fruits and Sweet White Wine
Crisp Cookies
Sparkling Water **Dry White Wine**

Any ice chest can be pulled into actio and a multiple set represents only mode cost if you use inexpensive styrene foa chests available in supermarkets.

Shrimp Cocktail

- 3 cans (6 oz. each) tomato-based vegetable juice
- 1 medium-size green pepper, seeded and chopped
- ¼ cup chopped green onion
- 2 tablespoons *each* Worcestershire and lime juice
- 1 teaspoon prepared horseradish
- ½ teaspoon oregano leaves
- 1½ pounds small cooked shrimp
- 2 or 3 limes, cut into wedges
- 1 or 2 bunches fresh coriander (cilantro), rinsed
- 2 medium-size ripe avocados

In a 1- to 1½-quart container with a spill proof top, combine vegetable juice, gree pepper, green onion, Worcestershire, lim juice, horseradish, and oregano. Secure li and pack in ice chest (or you can refriger ate the sauce as long as overnight, ther pack into the ice chest). Put shrimp and

TERI SANDISON

rtable buffet *for the beach is served out of three ice-filled coolers. Plastic cups double as bowls and wine glasses*

ne wedges in separate watertight con-
iners; pack in ice chest. Set coriander
ıd avocados on the ice.

› serve, spoon shrimp into individual
ıps or bowls; liberally ladle sauce onto
ırimp. Add, as desired, avocado chunks
ooped from the shell, coriander leaves,
ıd a squeeze of lime. Serves 8 to 10.

alifornia Vichyssoise

- 4 to 5 medium-size leeks
- ½ cup (¼ lb.) butter or margarine
- 1 medium-size onion, coarsely chopped
- 4 medium-size thin-skinned potatoes, peeled and cut into chunks
- 3 cans (14½ oz. each) regular-strength beef broth
- 1 cucumber, peeled, seeded, and cut into chunks
- 1 cup *each* unflavored yogurt and sour cream
- 1 pound boiled ham
- 2 whole nutmegs
- 2 or 3 bunches chives, rinsed

o prepare leeks for cooking, trim off root nds, tops, and tough outer leaves. Cut in half lengthwise and wash well under cold running water. Coarsely chop and put into a 5- to 6-quart pan along with the butter and onion.

Cook, stirring, over medium heat until leeks are very limp and slightly tinged with brown, about 30 minutes. Add potatoes, broth, and cucumber; cover and simmer over medium heat until potatoes mash easily, about 25 more minutes. Remove from heat, uncover, and let cool to lukewarm.

In a blender, whirl potato mixture, yogurt, and sour cream, a portion at a time, until smooth; pour into a 1-gallon-size container with a spillproof top. Cover and chill at least 3 hours (or as long as overnight), then pack into ice chest.

Sliver ham and arrange with nutmeg (also a nutmeg grater) in a watertight container; pack into ice chest. Lay chives on ice.

To serve, ladle soup into individual bowls or cups, then top as desired with ham, a grating of nutmeg, and snipped pieces of chives. Makes 8 to 10 servings. □

For dessert, *douse strawberries and sliced peaches with fruity wine*

DAVID STUBBS

Long skewers *make small birds, like Rock Cornish game hens, easier to handle on grill*

Bangkok-style barbecuing . . . small birds in multiples

Thai vendor *laces split chickens onto grill for easy turning over hot coals*

On the streets of Bangkok, vendors have an efficient way of cooking a number of birds at a time. Using long skewers, they lace butterflied poultry to a large wire-mesh grill, which is then positioned above hot coals; the birds cook evenly and can be turned all at once.

The use of long skewers to make a quantity of foods manageable on the barbecue is an idea worth borrowing, particularly when cooking multiples of small birds on home barbecues. Here we suggest cooking Rock Cornish game hens, squab, and quail using pairs of long skewers to keep the birds flat and easy to handle.

The first step is to split the birds open, spread them out, and thread them side by side onto parallel pairs of long skewers.

A pungent mixture coats the birds before

Thread two or three *butterflied game hen on a pair of long skewers to hold birds fla*

grilling. The accompanying sauce is Th Complementary dishes you might se alongside include a cucumber salad, fr sliced pineapple, or sauteed bananas.

Skewered Birds, Thai-style

- 8 Rock Cornish game hens (1¼ lbs. *each*), 8 squab (1 lb. *each*), or 16 quail (3 oz. *each*)
- ½ cup minced fresh coriander (cilantro)
- ⅓ cup freshly ground black pepper
- 24 cloves garlic, minced or pressed
- Thai sauce (recipe follows)

With poultry or kitchen shears, cut bi lengthwise through breastbone and car lage. Open birds; press, skin side up, crack bones so birds lie reasonably flat.

Using long skewers (about 18 inches longer), thread birds by forcing one ske er into the drumstick, through thigh, u der the backbone, through the seco thigh, and out through the second dru stick. Run a second skewer parallel to t first, going through the breast, the midc section of the wing, over the backbo through the midsection of the seco wing, and out through the breast (s above). Add as many birds as there space on the skewers. Skewers 18 inch long will hold 2 or 3 Rock Cornish gan hens or squab, or up to 6 quail.

Mash together coriander, pepper, and ga lic. Rub mixture evenly over birds. Pla birds on a grill about 6 inches over a sol bed of hot coals. Turn as needed for eve browning. For rare quail, allow 8 to 1 minutes; for rare squab, allow 12 to 1 minutes; for well-done game hens (mea at thigh bone is no longer pink when cut allow about 25 to 30 minutes. Remov from skewers and serve with Thai sauc Makes 8 to 12 servings.

Thai sauce. In a blender or food processo whirl to blend 1 can (8 oz.) **tomato sauc** 3 tablespoons firmly packed **brown suga** 6 cloves **garlic,** ⅛ to ½ teaspoon **cayenn** and ¼ cup **vinegar**. Add 1¼ cups **golde raisins** and ⅓ cup **water;** whirl unt coarsely chopped. In a 2- to 3-quart pa boil sauce, stirring, until reduced to 1½ cups. Serve cold, adding **salt** to taste.

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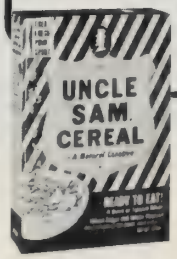

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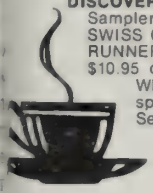

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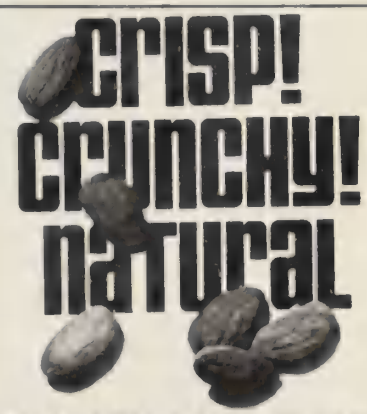

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DARROW M. WT

Herb-fragrant chicken *roasted with harvest vegetables and baked potatoes makes a handsome entrée for the family or a casual company din*
An occasional stir is all the attention these oven-cooked vegetables with chicken requ

SEPTEMBER MENUS

One-pan oven dinner, open-faced country omelet, burgers dressed up

Chicken, eggs, and ground beef are three family favorites busy cooks rely on. A few extra touches this month transform these popular standbys into memorable meals.

Fresh vegetables roasted alongside a chicken in its flavorful drippings round out this minimum-effort entrée that puts the oven to work efficiently. On a busy day, a handsome open-faced omelet, to serve in pie-shaped wedges, goes together quickly. And economical ground beef is the basis of a variation on *steak au poivre*—steak with black pepper.

Out-of-the-oven dinner

Chicken and colorful vegetables seasoned by fresh rosemary roast in one pan while potatoes bake alongside.

Harvest Chicken with Vegetables and Roasted Potatoes
Bartlett Pears with Gorgonzola

Put potatoes in oven to bake while you cut up the vegetables. The chicken cooks unbasted; you need only to stir the vegetables occasionally. For a light dessert, serve whole Bartlett pears to peel, cut, and eat with the cheese.

Harvest Chicken with Vegetables and Roasted Potatoes

- 4 to 6 thin-skinned potatoes, each about 3 inches long
- 3½- to 4-pound broiler-fryer chicken
- 3 large carrots
- 4 small patty pan squash
- 3 medium-size crookneck squash
- 2 large red or green bell peppers, quartered and seeded
- 2 cloves garlic, quartered
- 1 large onion, quartered
- 6 to 8 cherry tomatoes
- 10 to 12 sprigs fresh rosemary (or 1 teaspoon rosemary leaves)

Pierce potatoes in several places and set on rack in oven as it preheats to 375°. Save giblets for other uses. Rinse chicken; pat dry. Place, breast up, in a 12- by 15-inch broiler or roasting pan (not on a rack).

Peel carrots and cut in 1½-inch chunks. Trim stems off patty pans, but leave squash whole. Also trim ends of crookneck squash and cut into 1½-inch chunks. Scatter carrots, patty pan, crookneck, peppers, garlic, onion, and tomatoes around chick en. Lay 4 or 5 sprigs of rosemary, eac about 2 inches long, on vegetables.

Roast, uncovered, in oven with potatoe until chicken leg moves easily and pota toes feel soft when squeezed, about 1 t 1¼ hours; stir vegetables occasionally Transfer chicken to a large platter; care fully lift vegetables from pan with a slot ted spoon and mound alongside chicken.

Tuck a cluster of the remaining fresh rose mary in chicken cavity. Spoon pan juice over vegetables. Serve potatoes in a basket

Cut up chicken at the table. Spoon pan juices over the portions of meat, vegeta bles, and potatoes. Serves 4 to 6.

Speedy omelet supper

Presented in its cooking pan, this open-faced omelet offers a contrast of flavors

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leg of lamb Athenian Prepare by squeezing juice of 2 lemons over lamb and rubbing
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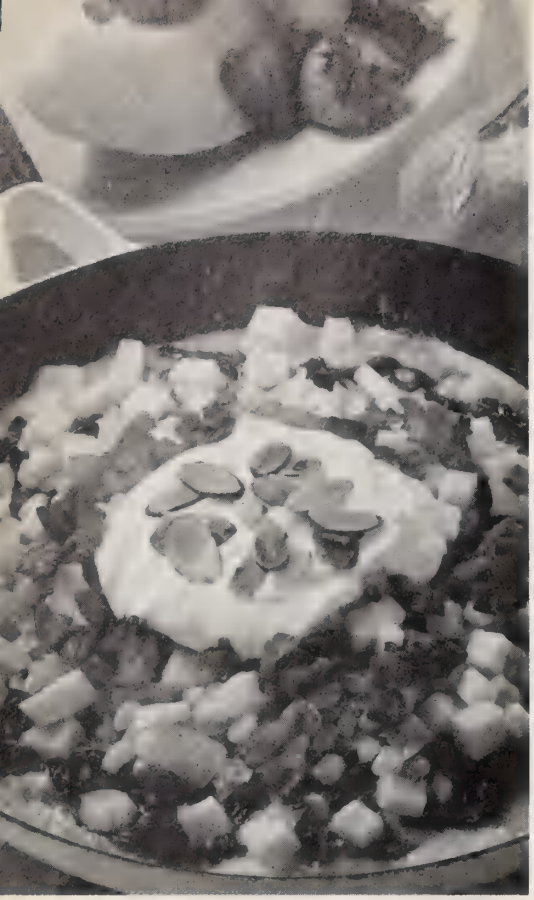

DARROW M. WATT

A colorful mélange *of fresh corn, kale, sour cream, bacon, and sliced almonds tops this omelet that you cut into wedges to serve*

and textures: wilted greens, sweet corn, crunchy almonds, crisp bacon, and cool sour cream.

Country Corn Omelet
Crenshaw Melon Wedges with Strawberries
Crusty French Bread Butter

Let the melon and berries double as salad and dessert. The omelet cooks quickly, so have all the toppings assembled and handy when you start.

Country Corn Omelet

- 2 large ears corn, husked
- 4 slices bacon, diced
- ¼ cup sliced almonds
- 1 small onion, diced
- 3 to 4 tablespoons butter or margarine
- 4 cups lightly packed, coarsely shredded kale or Swiss chard
- 6 to 8 eggs
- ½ cup finely diced jack cheese
- ⅓ cup sour cream

With a sharp knife, cut corn kernels from cobs; set aside. In a 10- to 11-inch frying pan over medium heat, cook bacon until crisp. Lift out bacon; drain; set aside.

Add almonds to pan drippings. Cook over medium heat, stirring gently, until lightly browned, about 1 to 2 minutes. Lift out nuts and set aside.

Pour pan drippings into a measuring cup; add butter, if needed, to make 4 tablespoons. Return drippings and butter to pan; add the corn and onion and cook over medium heat, stirring often, until onion is soft, about 6 minutes. Remove corn and onion from pan; keep warm.

To pan, add 1 tablespoon of the remaining butter and kale. Stir on medium heat until limp and tender to bite, about 2 minutes; remove from pan and keep warm.

Add 2 tablespoons of the remaining butter to pan and heat on medium-low. In a bowl, beat the eggs just until blended; pour into pan. When eggs begin to set, push cooked portion aside to allow uncooked eggs to flow onto pan bottom. When eggs are set but top still looks moist and creamy, arrange kale on top in an even layer, spoon corn over kale, then sprinkle evenly with jack cheese and bacon. Mound sour cream in center; garnish with almonds. Press omelet in the pan to cut into wedges. Serves 4.

Dressed-up burgers

Pungently crusted with cracked black pepper, these special beef patties can be served to the family or to company. Mushrooms also add style and flavor to the brandy cream sauce.

Peppered Chopped Steak with Mushrooms
Sliced Tomatoes with Fresh Basil
Caramel Peach Sundaes

Before you start to cook, slice ripe tomatoes and garnish generously with fr

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THE TIME IS RIPE FOR FRESH HAWAIIAN PINEAPPLE.

Let's start at the top. Forget the old myths about how to tell whether fresh pineapple is ripe.

The crown, for instance. Contrary to common notion, easily pulled leaves are not a clue to ripeness or to quality. (Do look for a crown that's green and healthy—it's always a welcome sign.)

Next, consider the fruit itself. Size matters little. Neither does color. Because whether the shell is wholly green or golden yellow or a combination of both, the pineapple inside can be equally ripe.

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Magic Cookie Bars

(Makes 24 bars)

- ½ cup margarine or butter
- 1½ cups graham cracker crumbs
- 1 (14-ounce) can Eagle® Brand Sweetened Condensed Milk (NOT evaporated milk)
- 1 (6-ounce) package semi sweet chocolate morsels
- 1 (3½-ounce) can flaked coconut (1⅓ cups)
- 1 cup chopped nuts

Preheat oven to 350° (325° for glass dish). In 13x9 inch baking pan, melt margarine in oven. Sprinkle crumbs over margarine; mix together and press into pan. Pour sweetened condensed milk evenly over crumbs. Top evenly with remaining ingredients; press down firmly. Bake 25 to 30 minutes or until slightly browned. Cool thoroughly before cutting. Store loosely covered at room temperature.

the dessert maker

© Borden, Inc. 1982

DARROW M

Press *beef patties in coarsely cracked pepp to coat both sides lightly, then brown in pan after mushrooms cook*

basil leaves and top with your favorite v aigrette dressing.

For dessert, serve almond ice cream wi sliced peaches and purchased caramel cream topping.

Peppered Chopped Steak with Mushrooms

- 1½ pounds ground lean beef
- ⅓ cup chopped parsley
- 2 cloves garlic, minced or pressed
- ½ teaspoon salt
- 1 tablespoon cracked black pepper
- 2 tablespoons butter or margarine
- 8 to 10 large mushrooms
- 1 tablespoon salad oil
- ¾ cup *each* regular-strength beef broth and whipping cream
- 2 tablespoons brandy (optional)
- Watercress or parsley

Mix beef, parsley, garlic, and salt; sha into 4 patties, each about 1 inch thic Sprinkle pepper on waxed paper; turn pa ties to coat both sides evenly, pressing pe per in lightly.

In a 10- to 12-inch frying pan over med um-high heat, melt 1 tablespoon of t butter. Add mushrooms and cook, sti ring, until lightly browned, about 5 mi utes. Transfer mushrooms to a platte keep warm.

Add oil and remaining butter to pa Place patties in pan; cook until we browned and at desired doneness (3 to minutes on a side for rare). Lift pattie from pan and arrange with mushrooms keep warm.

Add broth to pan and boil, uncovered scraping bits from pan bottom until re duced by half. Add cream and brandy an boil, stirring, until the sauce is slightl thickened. Pour sauce over patties an mushrooms. Garnish with sprigs of water cress. Serves 4.

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So it won't matter how carefully you selected your vegetables. Or how gently you simmered your sauce.

If your spices let you down ... so will your meal.

We know. At Schilling, we've been uncovering the secrets of spices for 101 years. And in this ad, we'll tell you three of them.

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There are many bay leaves on the market that are beautifully green.

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(Be sure to compare em in natural light.)

The redder it is, the better it is.

Period.

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Schilling Gourmet paprika is downright orgeous.

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When you buy a special blend f poultry seasoning, make sure that you're ally getting special seasonings.

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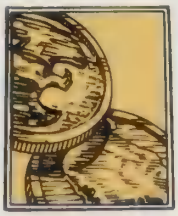
When you give Schilling Gourmet this taste test, you'll discover the rich flavors of real thyme, real marjoram, and real sage.

Not real salt.



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And they have enough bubbles for any celebration.

INTRODUCING TREE TOP SPARKLING JUICES.

NON-ALCOHOLIC

Crackly topping for fruit
esserts, ice cream . . . praline powder

ofessional bakers use praline powder, a t-rich caramel confection, to flavor and bellish elegant desserts. It can also be a nple-to-make topping that produces nning results for the cook at home. You n make a large quantity at one time, nd it into a powder, and store it for nths in a jar on a shelf.

rinkle praline powder over open-faced ts, custards, cakes, or sliced fruit, then in the oven to allow the powder to melt. hen cool, the praline forms a crackly nslucent topping that has the taste of amel and toasted nuts.

try the powder as a sweetener for cere- or fruit, or as a crunchy topping for ice am.

aline Powder

ace 2 cups **sugar** in a 10- to 11-inch fry- pan; spread to make an even layer. Set er medium heat and let stand undis- bed until sugar begins to melt. With a oden spoon, push melted portion to ges, allowing unmelted sugar to come to nter. When almost all the sugar has lted, add 1 cup **unblanched whole fil- ts** or almonds. Push mixture in pan m side to side until sugar is completely lted and a light caramel color (this ppens quickly). Remove from heat im- diately; pour onto a large (at least 12- 15-inch) greased baking sheet. Let cool til hard, at least 30 minutes.

eak into chunks no larger than 2 inches uare (1 inch square if using blender to nd into powder). Place about ¼ of the unks at a time in a food processor or nder; process until granules the size of k salt form. Store powder in an airtight ntainer at room temperature up to 6 onths. Makes 3 cups.

aline-topped custard. Prepare your fa- rite baked custard recipe in 4- to 6- nce custard cups. When custard is almost done, sprinkle 2 tablespoons **praline powder** over each serving. Bake until praline melts, about 5 minutes more. Cool just until praline hardens, 10 to 20 minutes. Serve warm (praline melts on standing).

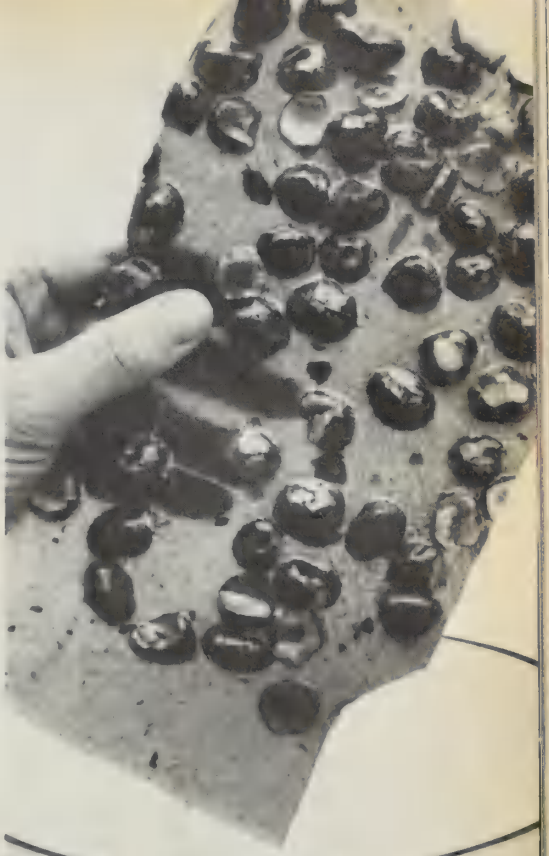
Praline fruit tarts. Let 1 package (10 oz.) frozen **patty shells** stand at room temperature for 20 minutes. Unwrap and roll each shell on a floured board to make a 6-inch circle; turn up edges to make a ¼-inch rim. Set slightly apart on ungreased baking sheets. Arrange 8 **peach, pear,** or **apple slices** on each.

Bake in a 400° oven until light brown, about 20 minutes. Brush top of each with 1 teaspoon melted **butter;** sprinkle each with 2 tablespoons **praline powder.** Continue baking until praline melts, about 5 minutes. Cool slightly until praline hardens. Serve warm (praline softens on standing). Makes 6 tarts.

Open-faced pies. Bake an 8- or 9-inch **open-faced apple** or **peach pie** (with no topping) according to your favorite recipe. Just before it finishes baking, evenly sprinkle top with ¾ cup **praline powder;** continue baking until praline melts, about 5 minutes. Serve warm (praline softens on standing).

Praline and fruit. For each serving, place ¾ cup **peaches, pears,** or **apple slices** in 1½-cup ramekins. Top each with 3 tablespoons **praline powder.** Bake in a 400° oven, uncovered, until fruit is tender when pierced and praline melts, about 15 minutes. Serve warm, topped with a scoop of **vanilla ice cream.**

Praline cupcakes or muffins. Prepare your favorite **cupcake** or **muffin batter.** Divide batter equally among 2½-inch paper-lined muffin cups. Sprinkle tops of each with 2 teaspoons **praline powder;** bake according to recipe directions. Serve warm or cool.



TERI SANDISON
Translucent, *filbert-laced praline candy is snapped into pieces, then processed into a coarse powder*

rinkle *praline powder on custard while it bakes; it hardens as it cools. Crack through crunchy topping to savor contrast with creamy custard*

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Gelato machines . . . hand-cranked for $30 to self-refrigerated at $350 to $750

GLENN CHRISTIA

Four types *of ice cream machin self-contained freezing unit (re electric and manual ice-and-s units (center), and machine operate in the free*

Any ice cream machine can make gelatos (page 86) and sorbettos (page 176). Four basic types of machines are available, ranging in price from $17 to $750. We found that they all can crank out a high-quality product.

Ice and salt do the freezing for two kinds of machines, a third type works in your freezer, and the fourth (and most expensive) type is self-refrigerated.

Ice-and-salt machines

Either manually or electrically powered, these give you a lot for your money: the prices start at about $30 for a ½-gallon hand-cranked or electric unit. However, you can pay as much as $140, depending upon the construction and materials used.

There are five parts to these machines: the tub that holds the ice, the container for the frozen mixture, the container lid, a dasher, and a hand crank or motor-driven fitting.

Well-made wooden tubs with a metal dasher are most durable and command a higher price than plastic models, but the lightness of the plastic ones makes them easier to pick up and move about.

These machines require the most work on your part. You need a lot of ice: if your refrigerator has an automatic ice maker, you can easily accumulate enough, but you may have to crack whole cubes if they won't fit around the container. You'll also have to deal with salted ice water and related cleanup.

The electric units maintain a steady churning speed, important for a smooth-textured ice cream or ice; with a manually operated machine, you must consciously turn steadily.

After you fill the container with the mixture to be frozen and set it in the tub, fill the tub halfway with cracked ice or ice cubes. Then add alternate layers of salt and ice, using 1 part salt to 8 parts ice (for a 2-quart container, use 1 cup rock salt ¾ cup table salt to about 8 lbs. or 5 q cracked ice).

It takes about 30 minutes to freeze 1 quarts liquid. To firm the mixture aft churning, remove crank, lift out dash seal container with several layers of pla tic wrap (or use lid plug, if provided), r place lid, and drain off brine. Pack wit part salt to 4 parts ice. Cover top of m chine with a thick layer of newspapers cloth and let stand up to 1 hour.

Machines that work inside your freezer

Electric or battery-powered ice crea makers designed to run inside a freez have the smallest capacity and are slowe to freeze; you get about 1 quart in 45 mi utes. Exact assembly is required for th dasher to turn. Prices for these units rang from $17 to $35.

Self-refrigerated machines

These are costly machines ($350 to $750 but the simplest to operate. Just plug th unit in, add the mixture to be frozen, an push the switch. Dasher and lid are th only removable parts.

Freezing wells can make 1½ or 2 quart ice cream or fruit ice in about 30 minutes With these units, you must quickly spoo out the frozen mixture into another con tainer (preferably chilled to minimiz melting) and put it in your freezer fo firming.

Whichever model you choose . . .

Take note of the fill line marked in th container; it allows for expansion as th mixture freezes. If capacity isn't marked fill no more than ¾ full.

Seven o'clock
and I'm still typing.
If he gives me one more revision,
he gets the typewriter.
Because tonight, I've got plans.
I'm meeting Michael for dinner.
And I'm going to order
the juiciest, tenderest, tastiest
steak on the menu.
Mmm, I can't wait
to sink my teeth
into that first succulent bite.
Tonight I've earned it.
SOMEHOW,
NOTHING SATISFIES LIKE BEEF.
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and your local beef industry.

DARROW M. WATT

A nourishing wake-up: *toasted, fruit-swirled wheat bread also contains bran, bran cereal, and wheat germ*

These loaves are loaded

One good reason for baking your ow bread is to be able to load it with nut tious ingredients. These two recipes a good examples: they make breads for fied with whole-grain cereal, wheat ger nuts, seeds, and fruit. Extra dry mi boosts the protein in each slice of the breads to 5 to 6 grams, almost as much in an egg.

And unlike some "health" breads, the have tender, even textures. Eat them pla or toasted.

Of interest to those who want to minimi salt in their diet, these flavorful breads a good without salt. However, because sa is an inhibitor of yeast growth, dough ris faster without it (usually in about ⅓ le time) and can easily overproof. It's also little less sturdy, so overproofed dough tend to deflate and sink in the center mo easily than doughs made with salt.

Watch carefully while the dough rise and preheat the oven so you can bake ju as soon as the loaves have almost double in bulk.

(Continued on next pag

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SPREAD ON TASTE WITH NO CHOLESTEROL.

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STUFFED ZUCCHINI

- 3 medium zucchini (approximately 1 lb.)
- 1 tablespoon Soft Diet PARKAY Reduced Calorie Margarine
- 4 LIGHT N' LIVELY Process Cheese Product Singles, chopped
- 1 6-oz. can water chestnuts, drained, chopped
- 3 tablespoons dry bread crumbs
- 2 tablespoons green onion slices
- ½ teaspoon garlic salt
- ⅓ cup chopped tomato

Trim ends of zucchini; parboil 5 to 8 minutes. Drain, cut in half lengthwise. Scoop out centers leaving ¼-inch shell; chop centers. Melt margarine over low heat. Add chopped zucchini, process cheese product, water chestnuts, bread crumbs, onion and garlic salt; cook until process cheese product begins to melt. Fill zucchini; place in 11¾ x 7½-inch baking dish. Bake at 350°, 25 to 30 minutes or until thoroughly heated. Garnish with tomato. 6 servings

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Hormel

ey-Bran Bread

- packages active dry yeast
- cups warm water (about 110°)
- cup honey or molasses
- cup melted butter or margarine
- cup instant nonfat dry milk
- cup wheat germ
- cup mixed-grain cereal (such as Roman Meal)
- teaspoon ground ginger
- teaspoons salt (optional)
- cups whole-wheat flour
- About 3½ cups all-purpose flour
- cup unprocessed bran
- cup unsalted sunflower seed

he large bowl of an electric mixer, kle yeast over the water; let stand 5 utes. Stir in the honey, butter, dry , wheat germ, cereal, ginger, and salt. ing on low speed, gradually add the le-wheat flour and 1 cup of the all- ose flour until well blended. Beat on ium speed for 5 minutes. Mix in the and seeds.

h a heavy-duty mixer (or a heavy on), gradually mix in about 2 cups all- pose flour. Turn out onto a well- red board. Knead until satiny and just ntly tacky, about 5 to 8 minutes (15 utes if hand mixed); add flour to keep gh from sticking.

n dough over in a greased bowl, cover plastic wrap, and let rise in a warm place until almost doubled, about 1½ hours (about 1 hour if made without salt). Punch down dough and divide in half; shape each half into a loaf and place in a well-greased 5- by 9-inch loaf pan. Cover pans and let rise until almost doubled, 40 to 45 minutes (30 to 35 minutes without salt).

Bake in a 375° oven until golden brown and loaves sound hollow when tapped, about 40 to 45 minutes. Turn out of pans and cool on a wire rack. Makes 2 loaves.

Fruit-swirled Wheat Bread

- 3½ cups whole-wheat flour
- ½ cup *each* whole bran cereal and wheat germ
- 2 packages active dry yeast
- 2 teaspoons salt (optional)
- 1 cup instant nonfat dry milk
- 1 teaspoon ground cinnamon
- 2½ cups water
- ⅓ cup *each* salad oil and honey
- 1 egg
- 2½ to 3 cups all-purpose flour
- 2 cups chopped nuts (walnuts, almonds, or unsalted peanuts)
- 1 cup unprocessed bran (optional)
- 2 cups finely chopped dried fruit (apricots, prunes, dates, raisins, or a combination)

In the large bowl of an electric mixer, combine 2½ cups of the whole-wheat flour, the bran cereal, wheat germ, yeast, salt, dry milk, and cinnamon; mix well. In a 1½-quart pan, combine the water, oil, and honey; stir over low heat until very warm (120° to 130°). Mixing on low speed, gradually add liquid to flour mixture. Beat on medium speed for 2 minutes, then beat in egg. Gradually mix in remaining 1 cup whole-wheat flour and ½ cup all-purpose flour; beat on medium speed for 5 minutes. Mix in nuts and bran.

With a heavy-duty mixer (or with a heavy spoon), gradually mix in 2 cups of the all-purpose flour. Turn dough out onto a well-floured board and knead until only slightly tacky, about 5 to 8 minutes (about 15 minutes if hand-mixed); add flour to keep dough from sticking.

Divide dough in half and shape each portion into a ball. Cover and let rest about 15 minutes. On a lightly floured board, roll one ball at a time into a 9- by 16-inch rectangle. Scatter half the fruit evenly over each rectangle, then tightly roll from a narrow side. Place each, seam side down, in a well-greased 5- by 9-inch loaf pan. Cover pans and let rise in a warm place until doubled, 1 to 1½ hours (40 to 45 minutes if made without salt).

Bake in a 375° oven until loaves are well browned and sound hollow when tapped, about 40 minutes. Turn out of pans and cool on wire racks. Makes 2 loaves.

H.G., Walnut Creek, Calif.

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COR BOER

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From there, he begins painstakingly blending select ingredients according to our flavor-balanced mixing recipes.

Cor likes the idea that each Dreyer's flavor is individually flavor balanced, because it assures that each ingredient enhances, yet never overpowers, the next.

And while most of our competitors think this delicate, time-consuming process is just a lot of unnecessary effort, he doesn't agree.

But then Cor's not out to make an ice cream you just eat. He's out to make one you love.

Cor Boer has spent his entire life in the dairy business; first in Holland, then in this country. He is a master ice cream maker.

And like everyone involved in making ice cream the Dreyer's way, Cor has an uncompromising approach to protecting the quality of our ice cream. If an ingredient doesn't measure up, Cor won't use it. And if a batch of ice cream doesn't taste "Dreyer's" enough, Cor will start it over again from scratch.

NORMAN A. PLATE

Lift soft corn *husk up and around cheese-filled masa; tie shut and steam*

Tiny tamales and green bean bundles

The California hacienda dinner on page 78 includes tiny tamales and a salad of green beans with tomatoes. Both dishes are good companions for other meals as well; consider serving them with simply prepared meats from the barbecue.

Shaping the small tamales (called *tamalitos* in Spanish) requires no more finesse of technique than large ones do. There are many ways to go, but here, the corn husk wrapper is pulled up and around cheese-filled masa. The wrapper is tied with a strip of corn husk to make a tidy, durable package that is decorative to serve.

You can make the tamales and salad at least a day ahead and reheat when convenient.

Test doneness *of masa with a light touch; if firm, tamale is ready to eat*

Small Cheese Tamales
(Tamalitos con Queso)

- Soaked corn husks (directions follow)
- Masa (directions follow)
- ½ pound jack cheese, cut into 24 cubes
- 24 small fresh epazote leaves, or 1 tablespoon of the dried herb, or 2 tablespoons chili powder
- 1 jar (12 oz.) green chili salsa

Sort through husks and select 24 that are at least 5 inches wide across base and free of holes or large tears.

Working with one husk at a time, spread it out flat and put a scant 2 tablespoons of masa in the center. Push a cube of che and 1 small epazote leaf (or ⅛ teaspo dried epazote, or ¼ teaspoon chili powde into the masa.

With your fingers, pat the masa up and around the cheese and seasoning. Fo sides of the husk over the masa, the li the ends up over the filling. With a h strip of husk, tie tamale to hold shut. Re peat to make all the tamales. (If ma ahead, cover and chill tamales overnigh

In a steamer, set tamales, tied ends up stacked to permit air circulation, on a ac over at least 1 inch boiling water. Co and set heat at medium so water will bo gently (add boiling water to pan as re quired). Cook until masa is firm to to and does not stick to husk (open on test, then retie), about 45 minutes. Se or keep warm in steamer for as long as hour. Or let tamales cool, then cover refrigerate overnight; reheat by steam as directed for about 20 minutes.

To serve, open husks and spoon salsa taste onto tamales. Makes 24, enough 8 to 10 servings.

Soaked corn husks. You can buy d **corn husks** at markets that sell ingredi for Mexican foods (including many su markets). Husks typically come in ounce bags, enough for 75 small tama however, husks keep indefinitely.

Sort through and select about 3 do nicely shaped husks, discarding bits dried silk and other extraneous materi Cover with **warm water** and let stand u pliable, about 2 hours or as long as o night. You should have ample husks for small tamales and ties (made by tear husks lengthwise in thin strips), plus for the green bean bundles (directi follow).

Masa. Whip ⅔ cup (⅓ lb.) **lard**, but margarine, or solid shortening until flu then stir in 2 cups **dehydrated masa fl** (corn tortilla flour) and 1⅓ cups **regul strength beef** or chicken broth until m ture holds together. Use; or cover and ch as long as 3 days, then bring to room te perature to use.

Green Bean Bundles and Sliced Tomato
(Ensalada de Ejote y Tomate)

For each serving, allow 6 to 8 **green bea** of fairly equal length. Remove ends a any strings, then cut beans to equ lengths. Cook in **boiling water** to cov without a lid, just until tender to pierce to 8 minutes. Drain and immediately i merse in **ice water** to chill; drain. Use, cover and chill as long as a day.

Drain 1 can (4 oz.) **whole pimientos;** c into 8 to 10 squares, 1½ inches each. make each bundle, tie 6 to 8 beans toget er with a square of pimiento on top; mak tie with a thin strip of soaked corn husk cotton string. Arrange bundles on a pla ter with 3 or 4 sliced large **tomatoes.** Se son with **salt** and **pepper,** or moisten wit about ½ cup prepared oil and vinega dressing. Makes 8 to 10 servings.

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DAVID STR

Drizzle *gjetost and yogurt dressing over tangy fresh fruits*

Gjetost is the secret

Curiously sweet, golden brown gjeto (pronounced *yet*-ost) cheese is blende with tart, unflavored yogurt to make th creamy dressing for fruit salads.

Looking like rectangles of caramel-co ored fudge, gjetost is a semihard chees imported from Norway and is one of th best-known members of a family o cooked whey cheeses. High lactose (mil sugar) content gives gjetost its distinctiv sweetness, while goats' milk lends the tan that makes it compatible with yogurt. To gether, gjetost and yogurt make a high protein, slightly sweetened topping that i very complementary to fresh fruit.

Spoon the sauce onto servings of pineap ple, grapes, oranges, peaches, tart apples plums, or bananas. Or make a salad com bining any of these fruits and add sauce to taste. You can store the topping in the re frigerator as long as a week.

Gjetost-Yogurt Dressing

- 1 cup unflavored yogurt
- 1 cup (4 oz.) shredded gjetost cheese
- 2 tablespoons firmly packed brown sugar
- Fresh fruit (see above)

In a blender or food processor, whirl half the yogurt with the cheese and sugar until smooth; scrape down sides of container, as needed, with a rubber spatula.

Gently mix the cheese sauce with remaining yogurt just to blend. Cover and chill at least 1 hour, or as long as 1 week. To serve, spoon dressing onto fruit. Makes about 1½ cups sauce; allow 2 to 4 tablespoons for a 1 cup serving of fruit.

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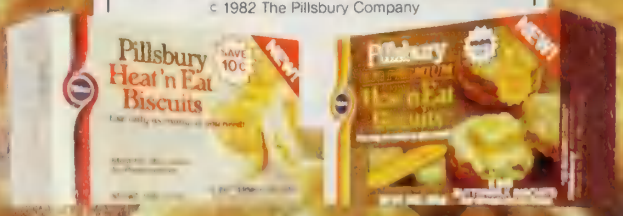

Italian fruit ices . . . sorbettos

Like the gelatos on page 86, these sor tos are distinguished by their fla intensity. For tips on using freezing chines, see page 166.

Sorbetto (Italian Ice)

2 to 3 cups sugar syrup (recipe follows
Purée of pineapple or berries; or juice of Thompson seedless grapes, oranges, or lemons (directions follow)

Mix 2 cups sugar syrup with pineap or berry purée. If desired, force pu through a wire strainer to remove pulp seeds; discard residue. Or mix 2 to 3 c sugar syrup, to taste, with fruit juice.

Pour mixture into container of ice cre maker and freeze according to manuf turer's directions. Serve when just froz or firm in ice and salt or covered contai in the freezer; takes 1 to 2 hours. (make hard sorbetto easier to scoop, le stand at room temperature to soft slightly, about 10 minutes for a f batch.) Freeze up to 1 month. Mak about 1½ quarts.

Sugar syrup

In a 2- to 3-quart pan, bring 2½ cups *ea* **sugar** and **water** to boil over high heat; b 5 minutes. Let cool. Use, or cover and ch indefinitely. Makes 3 cups.

Purées

Pineapple. Whirl 4 cups fresh **pineapp** chunks and ¼ cup **lemon juice** in a blend or food processor until puréed. Use once.

Hulled strawberries, raspberries, or oll lieberries. Whirl 6 cups **berries** in blend or food processor until puréed. Add ⅓ c **lemon juice** to **strawberry purée,** 1 tabl spoon **lemon juice** to **raspberry purée.** U at once.

Juices

Thompson seedless grapes. Whirl 8 cu stemmed **Thompson seedless grapes** wit ¼ cup **lemon juice** in a blender or food pro cessor until puréed. Pour juice through wire strainer; discard skins. Add 1 dro *each* **yellow** and **green food coloring,** if de sired. Use at once.

Orange. Stir 2 cups **orange juice** to blen with ¼ cup **lemon juice;** add 1 drop *eac* **yellow** and **red food coloring,** if desired Use at once.

Lemon. Mix 2 cups **lemon juice** with cups **water;** add 1 drop **yellow food color ing,** if desired. Use at once

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Container (½ cup) plain or vanilla-flavored yogurt*
Cup POST® GRAPE-NUTS® Brand Cereal
Cup (about) fresh, frozen or canned fruit*

*Use ½ container yogurt, any kind flavor, and omit the fruit.

Spoon yogurt into dish. Top with cereal, then add fruit and serve once. Makes 1 serving.

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The Louis Rich Life

Turkey à la Orange

- 1 package (about 1 lb.) Louis Rich™ Fresh Turkey Breast Slices
- 1 T. butter
- 2 T. firmly packed brown sugar
- 4 tsp. cornstarch
- 1 cup orange juice
- 1 T. lemon juice
- 1 T. butter
- 4 orange slices, cut in half

In skillet, melt butter over medium heat. Add breast slices. Brown 3 minutes. Turn. Brown 2 minutes. Remove to platter. Cover. In skillet, combine sugar and cornstarch. Add juices and butter. Cook over medium heat, stirring until sauce boils. Garnish with orange slices, serve with sauce. Makes 1 cup sauce, 4 servings.

©Louis Rich Co., 1982

Nasturtiums add color, snap

DARROW M. WATT

First: *gently rinse blooms well in cool water. Let water flow inside to dislodge any minute inhabitants*

Flowery entrée: *butter-sautéed sole in mustard-cream sauce, garnished with nippy-tasting nasturtium flowers*

W. D. & STEPHENS

Blooming salad: *sweet seedless grapes contrast pleasingly with peppery nasturtiums in this cool first-course salad for a summer supper*

ght blooms and tender leaves of nastur-ms make dramatic, edible garnishes for nmer salads and entrées. Both flowers d leaves are peppery, like watercress; : flowers also have a touch-of-honey te at the base.

ck fresh-looking blossoms and small ves (large ones tend to be tougher and s flavorful). If you like, set, washed, on oist towels, cover tightly, and refrigerate long as 3 days.

sh Fillets with Nasturtiums

elt 4 tablespoons **butter** or margarine in 10- to 12-inch frying pan on medium-gh heat. Add 1½ pounds **sole fillets** and ok, turning once, until fish flakes when odded. Transfer to a platter; keep hot.

pan, add ½ cup dry **white wine,** ¼ cup **ipping cream,** and 1 tablespoon **Dijon ustard.** Scrape pan to loosen browned bits d boil until sauce is reduced by half. Add tablespoons **butter** or margarine and any juices from fish; stir until butter melts and is blended in. Spoon over fish; top with 8 to 10 **nasturtium blossoms** and 4 to 6 **nasturtium leaves.** Makes 4 to 6 servings.

Nasturtium and Grape Salad

On each of 4 salad plates, arrange 4 or 5 **red lettuce leaves,** ¼ cup **seedless grapes,** 2 **nasturtium leaves,** and 3 or 4 **nasturtium blossoms.**

Combine ¼ cup **salad oil,** 2 tablespoons **white wine vinegar,** 1½ teaspoons **Dijon mustard,** and a dash **pepper.** Drizzle equally over each salad. Serves 4.

Nasturtium and Cucumber Salad

Peel 4 medium-size **cucumbers** and cut in half lengthwise; scrape out seeds. Cut or shred to form long, thin strands.

Combine the cucumbers with ½ cup chopped **green onion,** 7 or 8 **nasturtium leaves** (cut into shreds), ½ cup **salad oil,** ¼ cup *each* **white wine vinegar** and **sugar,** and a dash *each* **pepper** and **liquid hot pepper seasoning.**

Mound in a shallow bowl and garnish with 8 to 10 **nasturtium blossoms.** Mix at the table. Serves 4 to 6.

Nasturtium Omelet

Blend 3 **eggs** and 1 tablespoon **water.**

In a 6- to 7-inch omelet pan, melt 2 teaspoons **butter** or margarine over medium-high heat.

When butter begins to brown, pour in egg. As bottom sets, lift with a spatula to let uncooked egg flow underneath. Cook until egg no longer flows.

Lay 4 or 5 **nasturtium blossoms** down center of omelet. Tilt pan slightly and fold high side of omelet over flowers. Then flip pan over to roll omelet onto plate. Garnish with a **nasturtium leaf,** 1 or 2 more **blossoms,** and 1 tablespoon **sour cream.** Makes 1 serving. □

Some time ago our ancestors discovered what smoke does to fish

Our earliest ancestors probably discovered smoke cooking when they hung the leftovers above the fire to keep them safe from jackals. These ancestors found to their delight that smoke not only kept animals away but preserved meat and fish from spoilage—and, wonderful to say, improved their flavor as well.

Salmon, in particular, is enhanced by the flavor of smoke, and usually the fish goes through a brining process before the heat treatment. However, Robert Blair takes a simpler stance, and our tasters approved mightily; the fish skips the preliminary brining meant to extend its shelf life. (To compare methods and their merits, see page 158 of the June *Sunset*.)

Instead, the salmon spends a brief stay under the barbecue hood, where it gets a delicate kiss of hickory smoke that merely hints of the wild woods in the complex fragrance of the whole dish.

Smoked Poached Salmon

- 6 tablespoons butter or margarine
- 3- to 3½-pound salmon fillet
- 1 cup dry white wine
- 3 or 4 sprigs fresh dill, or 1 teaspoon dill weed
- 2 teaspoons mustard seed
- 2 cups hickory or alder chips
- Water

Melt 2 tablespoons of the butter; generously brush over salmon flesh. Using several thicknesses of heavy-duty foil, make a boat big enough to accommodate the fillet. Lay salmon in boat, flesh side down. Pour in wine and lay dill over top of salmon; sprinkle with mustard seed.

Ignite 25 to 35 briquets; let them b down until completely covered with g ash. The coals should be low-glowing (should be able to hold your hand abou inches above the coals and keep it th for 6 or 7 seconds before the heat for you to remove it).

When you ignite the charcoal, also i merse the hickory chips in water for ab 30 minutes, then drain well.

Spread the coals in an even layer and sc ter the drained chips on top. Set grill place 4 to 6 inches above coals. Pl salmon in foil boat on grill. Cover bar cue and close top dampers halfway (le bottom dampers open).

Let fish cook for 20 to 30 minutes; wh done, the fish should flake easily wh prodded with a fork in the thickest pa With a wide spatula, lift fish to a wa rimmed serving platter; keep warm. Po wine mixture into a small pan; place o high heat and boil until reduced by h Remove from heat and quickly stir in maining 4 tablespoons butter until melt Pass in a small bowl to spoon over indiv ual portions of fish. Makes about servings.

Robert L Blair
Seattle

Named equally for its creator and the c or contributed by an array of herbs, Ke

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Real fruit in every bite!

Kelley's sauce pleased our tasters as the flavoring ingredient in a pasta sauce (recipe follows) and as a spread for tomatoes. It has just as much promise for adding zing to mayonnaise or contributing to cottage cheese dips for raw vegetables.

Kelley Green Sauce

- 4 cloves garlic, halved
- 1 package (1¼ oz.) or ¼ cup pine nuts
- 2 cups lightly packed parsley sprigs
- ½ cup lightly packed mint leaves
- 3 green onions (including tops), sliced
- 1 cup lightly packed fresh basil leaves
- 1 tablespoon *each* thyme leaves and tarragon
- 1½ teaspoons dry rosemary
- ¼ teaspoon ground nutmeg
- ⅓ cup olive oil
- 1 cup (½ lb.) butter or margarine, melted

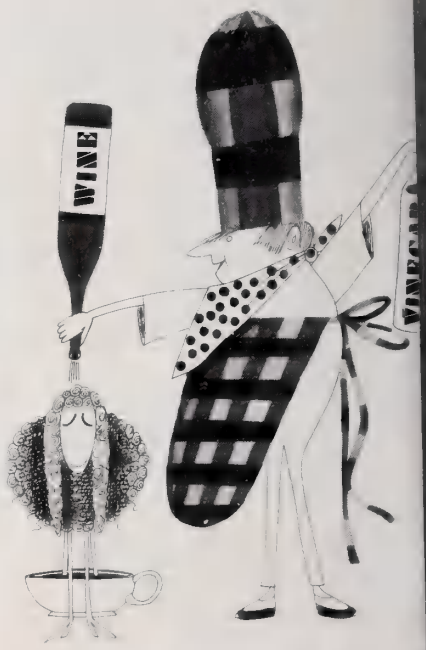
In a blender or food processor, whirl garlic and pine nuts until nuts are coarsely chopped. Add parsley, mint, and green onions and blend briefly. Add basil, thyme, tarragon, rosemary, and nutmeg; blend again. Add oil and butter and blend until well combined, scraping sides of container several times.

Use, or spoon into small containers (½- to 1-cup size); cover and refrigerate as long as 1 week, or freeze for longer storage. Makes about 2 cups.

Pasta sauce. In a 2- to 3-quart pan, combine ½ cup **Kelley Green Sauce,** ¼ cup **dry white wine,** and ⅛ teaspoon **pepper.** Place over medium heat and cook, stirring occasionally, until bubbling, 3 to 5 minutes. Stir in 1 cup **whipping cream** and bring to a full rolling boil, stirring. Mix sauce with about 10 ounces **pasta,** cooked and h and sprinkle generously with freshly gr ed **Parmesan cheese.** Makes 4 to servings.

Kevin D. Kelly

Piedmont, Calif.



"Forgive us for simplifying his wine-marinated leg of lamb"

One nagging problem the artist faces that of reconciling the simplicity of th highest art with the complexity of the rea world. Cooks face this problem too: in pantry laden with infinite possibilitie each with its contribution to make, wha items can you exclude from your recipe?

We hope that James Reed of Bellinghan Washington, will forgive us for simplify ing the sauce for his wine-marinated leg o lamb. Our tasters felt that some of its in gredients distracted attention from th lamb itself—and that the lamb deserve undivided attention. (For the curious, th original recipe included beef or chicke liver in the sauce, and topped the whol with walnuts browned in butter.)

Wine-marinated Leg of Lamb

- ½ cup salad oil
- ¼ cup distilled white vinegar
- ½ teaspoon marjoram leaves
- ¼ teaspoon *each* pepper, dry rosemary, and thyme leaves
- ½ teaspoon salt
- 2 cups dry white wine
- 5- to 6-pound leg of lamb
- ¼ pound mushrooms, sliced
- 2 medium-size tomatoes, chopped
- 1 tablespoon *each* cornstarch and water, blended

Combine the oil, vinegar, marjoram, pepper, rosemary, thyme, salt, and wine. Place lamb in double plastic bags and pour marinade over it; close bags with a wire twist. Place in a roasting pan (about

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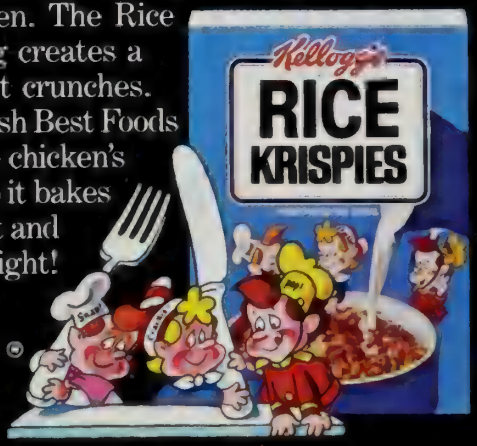

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Moist n Crispy Chicken

- 3 cups KELLOGG'S® RICE KRISPIES® cereal, finely crushed
- 1 tsp paprika
- 1/2 tsp salt
- 1/4 tsp pepper
- 1 broiler-fryer chicken cut in parts
- 1/2 cup BEST FOODS® Real Mayonnaise

1. Place crushed RICE KRISPIES cereal, paprika, salt and pepper in large plastic food bag. Shake to blend well. **2.** Brush chicken on all sides with BEST FOODS Real Mayonnaise. Place one piece at a time in bag. Shake to coat well. Place on rack in broiler pan. **3.** Bake at 425°F for 40 to 45 min or until golden brown and tender.

Serves 4 to 6.

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9 by 13 inches) and refrigerate for 6 t hours, turning the leg several times.

Lift lamb from marinade (save marina and place on a rack in the roasting p Roast, uncovered, in a 350° oven for 1½ 2 hours or until a meat thermometer serted in thickest portion registers 15 for medium. Baste lamb generously w all but 2 tablespoons of the marinade.

In an 8- to 10-inch frying pan, comb the 2 tablespoons of marinade and mu rooms; cook on medium heat, stirring, u til limp. Stir in the tomatoes and set asi

Transfer lamb to a serving platter. Sk fat from pan juices, then pour through wire strainer. Stir cornstarch and wa into juices along with the mushroom-t mato mixture. Bring to a boil on high he stirring, until thickened. Slice lamb a serve with sauce. Serves 6 to 8.

Jim Reed
Bellingham, Wash.

The names bestowed on eggplant in Lat countries are poetry; *aubergine* sounds if she might be the heroine in a mediev French romance; *melanzana* could ha marched with *Garibaldi*. And wasn't be enjena one of Columbus's earliest vessel Compared with these, Anglo-America "eggplant" sounds flat and uninspirin But its treatment needn't be. Homer Bl vins takes his own approach, which giv shiny purple eggplant a distinctly Weste identity.

Grilled Eggplant Sandwiches

- 1 slender eggplant, about 1 pound
  Boiling water
- 4 slices, 2 inches square, Cheddar and jack cheese
- 1 egg, slightly beaten
- ¼ cup milk
- ½ cup fine dry bread crumbs
  Butter or margarine

Cut off stem and bottom from eggplan then cut eggplant across into 8 equall thick slices. Immerse slices in boiling wa ter and boil, uncovered, until eggplant be gins to feel soft when pressed, 7 to minutes. Carefully pour eggplant into colander and allow it to drain well.

Meanwhile, in a shallow pan, beat egg an milk together.

Pat eggplant slices dry. Top four slice with a slice each of Cheddar and jac cheese, then cover with the remaining egg plant slices.

Dip both sides of each "sandwich" into th milk mixture, then into the fine dry brea crumbs.

Cook in a well-buttered sandwich grill o 10- to 12-inch frying pan on medium hea until cheese is melted and eggplant is wel browned and very tender when pierced Makes 4 servings.

Homer J. Blevins
Apple Valley, Calif.

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TREASURE CAVE BLUE SALAD

BLUE CHEESE-CUCUMBER SALAD DRESSING
Yield: 1¾ cups

2 ounces Treasure Cave Blue Cheese, crumbled
1 cup sour cream
½ cup chopped cucumber
2 teaspoons minced onion
¼ teaspoon sugar
Dash of salt

Combine sour cream, cucumber, onion, sugar and salt. Add crumbled blue cheese, stir to combine. Chill to blend flavors. (Note: If desired, dressing may be prepared and stored in refrigerator. Use within two days.)

FREE! SALAD DRESSING RECIPES!

For a free Recipe Booklet featuring four tasty ways to use Crumbled Treasure Cave Blue Cheese in salads, send a stamped, self-addressed envelope to: TREASURE CAVE SALADS, P.O. BOX 4000, LAKE FOREST, IL 60045. Or look for these recipes on display wherever Treasure Cave Blue Cheese is sold.

Have we got a cool idea for you!

A true-blue summertime salad that blends the piquant, tangy flavor of Treasure Cave Blue Cheese and cucumber with your fresh greens and vegetables.

It's the perfect recipe for those easy-livin' lazy days when you want to relax, too. And Treasure Cave Crumbles make it that much easier.

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Cacciatore– with a tasty twist.

You don't have to be Italian to prefer your chicken cacciatore style. Mama De Domenico's Twistee Cacciatore is enjoyed around the world. So simple and easy to follow. This recipe will make you cook like an Italian Chef. Start with Golden Grain's thick, rich Marinara Sauce and Twistee Egg Noodles. That's the tasty twist.

Mama De Domenico's Twistee Cacciatore

3 lbs. chicken pieces
Salt and pepper
1/4 cup olive oil
2 cups (1/2 lb.) thickly sliced mushrooms
1 green pepper, diced
1 jar (32 oz.) GOLDEN GRAIN Marinara Sauce
1/2 cup Marsala wine
1 pkg. (12 oz.) GOLDEN GRAIN Twistee Noodles

1 Salt and pepper chicken, brown in oil, remove from pan
2 Add mushrooms, green pepper, saute 3 minutes
3 Add Marinara, wine and chicken. Simmer, covered, 45 minutes
4 Prepare twistees according to package directions. Serve sauce and chicken over twistees. Makes 6 servings

DARROW M. W

Snap apart *warm, brittle onion bread*

Puffy, chewy . . . onion boards

Onion boards is the name we've give these puffy-rimmed, rectangular bread They have a chewy, bagel-like texture ar the authoritative flavor of onion.

Onion Boards

1 package active dry yeast
2 cups warm water (about 110°)
2 tablespoons sugar
1 teaspoon salt
About 5½ cups all-purpose flour
¾ cup instant minced onion
Water
1 egg yolk

In a large bowl, soften yeast in warm wa ter for 5 minutes. Stir in sugar, salt, an about 2 cups of the flour. Then beat in 2 cups more flour to form a stiff dough Spread another ¼ cup flour on a board scoop dough onto flour and knead unt smooth and elastic, about 10 minutes Add flour to prevent sticking. Place doug in a greased bowl; turn over. Cover wit plastic wrap; let rise in a warm place unt doubled, about 1½ hours.

Punch dough down; divide into 6 equa parts; cover; let rest 10 minutes. Cover on ions with water. Let stand 10 minutes squeeze out moisture and set aside.

On a floured board, roll and stretch eac dough portion to make a rectangle about by 11 inches; edges should be slightl thicker than center. Place several inche apart on lightly greased baking sheets.

Blend yolk with 1 tablespoon water; brush over dough. Sprinkle evenly with onion.

Bake in a 375° oven until golden brown 20 to 25 minutes. Unbaked dough ca wait, uncovered, for oven space. Serve ho or warm. To reheat, place boards on rack in a 350° oven for about 8 minutes. Make 6 boards; allow ½ board per serving.

Fix a Fiesta

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Already ready for Chili Nachos

oz. can chili without beans
2 jar CHEEZ WHIZ Pasteurized rocess Cheese Spread or CHEEZ HIZ Pasteurized Cheese Spread with Jalapeño Peppers
¼ cup chopped green pepper
1 8-oz. pkg. tortilla chips
2 cups shredded lettuce
1 cup chopped tomato
½ cup dairy sour cream

Combine chili, process cheese spread and green pepper in saucepan; heat thoroughly. On platter, layer half of tortilla chips and chili mixture; repeat layers. Top with lettuce, tomato and sour cream.

Already ready for Enchiladas Olé

¼ cup chopped onion
2 tablespoons PARKAY Margarine
1 8-oz. can tomato sauce
1 4-oz. can chopped green chilies, drained
1 8-oz. jar CHEEZ WHIZ Pasteurized Process Cheese Spread or CHEEZ WHIZ Pasteurized Cheese Spread with Jalapeño peppers
6 tortillas
oil
1 16-oz. can refried beans

Sauté onion in margarine. Add tomato sauce and ¼ cup chilies; simmer 15 minutes. Stir in process cheese spread; heat thoroughly. Dip each tortilla in hot oil to soften. Spread tortillas with combined beans and remaining chilies; roll up. Place, seam-side down, in 10 x 6-inch baking dish; cover with sauce. Bake at 350°, 25 minutes. Garnish with green pepper rings or black olive slices and serve with sour cream, if desired.

6 servings

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r well

ing the day, plant both kinds, spacing them closer together than you normally would; the one that takes over is the right one for the spot.

Something bugging you? Visit the IPM trailer

The Integrated Pest Management trailer is a traveling display set up by the State Department of Food and Agriculture especially for home gardeners. From September 14 to 19, it will be parked at the Santa Cruz County Fair. It's a good place to find out more about insects, mites, dis-

Sunset's GARDEN GUIDE

eases, weeds, and non-chemical methods of control.

Staff specialists will answer questions and offer information about garden and household pest control. The displays are graphic and informative with diagrams, photographs, and live specimens you can examine. (Take a look through the microscope to see what a Mediterranean fruit fly really looks like.)

The trailer will also visit nurseries in the Santa Cruz and Monterey areas. Check newspapers for times and locations.

The fairgrounds are on State Highway 152 in Watsonville. From Monterey, take State Highway 1 north to the Riverside Drive-Watsonville exit; coming from Santa Cruz, exit from State 1 at Green Valley Road. Follow signs to the fairgrounds. Hours: Tuesday, September 14, noon to 11; Wednesday and Thursday, 10 to 11; Friday and Saturday, 10 to midnight; Sunday, 10 to 9. Admission is $3.50; children 5 to 11, $1.25.

In September, *delicate flowers on wiry 2- to 4-foot stems crown Japanese anemone's dark green foliage. They make long-lasting cut flowers*

Plant Korean grass for texture

Unlike the hybrid zoysias, Korean grass *(Zoysia tenuifolia)* isn't really a lawn grass; its velvety texture and wavy surface make it more suitable to look at than to walk on.

This month is a good time to plant, while weather is still warm enough to give the grass roots a good start before winter dormancy (you won't see top growth until spring). Slice 2-inch squares from flats and space them 6 to 12 inches apart. Fertilize lightly about two weeks after planting.

Korean grass relishes heat, and it's hardy enough—tolerating temperatures down to 10°—to grow well in colder areas of the Central Valley (zones 8, 9, and 14 in the *Sunset Western Garden Book*). But other subtropical grasses, it turns bro ish in the winter; the frostier the weat the longer its dormant period.

Trim edges and clip stems that want creep over rocks and paving. If the hu mocks get too deep or lumpy, you mow or cut them back with sharp, stu hand shears once a year in the spring. tromp on the grass regularly to press do the bumps.

JEFF TEETER

Rumpled *Korean grass shows off a small rocky mound in the Woodland, California, garden of Jim and Theresa McCusker. Landscape architect: Dennis Tsuboi and Associates*

Japanese anemones are blooming no

One of the most beautiful fall-flower perennials is the old favorite, Japan anemone *(Anemone hybrida)*.

Plants begin blooming in August and S tember and continue well into Novemb The long-stemmed pink, rose, or wh flowers are excellent for cutting, of lasting about two weeks in arrangemen (Flower arrangers also use the knob green heads that remain after petals f you can see some of them in the pictu above.)

In mild-winter northern California c mates, the plants hold their foliage most the year to form low, spreading clum that fill spaces among tall shrubs, alo fences, and beneath trees and roof ov hangings. They grow in full sun to sha along the coast, but grow best in part shade inland.

Unrestricted, Japanese anemones event ally spread out and invade neighbori plants, so keep them confined or root o the side shoots from well-establish clumps. Friends with old plants in th gardens may be happy to let you dig a divide clumps in the fall after blooming

ake root cuttings in the spring.

ts may also be ordered by mail from b Nurseries, E. 101 Sharp Ave., Spo- e, Wash. 99202 (free catalog) and side Gardens, Hodges, S.C. 29695 l catalog, $1).

ter-saving landscapes get a boost

s fall, the North Marin County Water rict—in cooperation with the Sarato- Horticultural Foundation and the San ncisco Foundation—plans to kick off a program aimed at helping residents ce their garden watering.

the Novato area, several nurseries lifornia Bay Nurseries, the Novato nch of Egger and Son Nurseries, Indi- Valley Nursery, and Weiler's Nursery) participating by offering how-to hand- s and special displays of water-saving nts. Look for the "water-conserving" el designed for this program: it's or- e with an outline of the state and a ifornia poppy on it.

ou're a customer of the water district, 'll be getting a coupon with your water that lets you buy two unthirsty plants the price of one.

e project also provides incentives to de- pers for reducing the amount of turf high-water-use plants in new housing developments. A first in the state, this program may serve as a pilot for future projects in other cities and counties.

A use for throwaway bottles

As they've proliferated, string trimmers—the powered devices that trim grass with a spinning nylon line—have damaged many trees and shrubs, especially young ones, by cutting through their bark near ground level. To prevent such damage, gardeners have had to revert to hand shears to cut lawn edges—the kind of work these trimmers were meant to prevent.

One way to protect the trunk is to use pliable plastic soft drink bottles as shields. Cut off tops and bottoms and slit the remaining cylinder down one side. Lap bottles around the bottom of tree trunks. Use more than one bottle if the tree is big enough. Secure with wire ties; adjust the ties periodically to keep the growing tree from being girdled.

For close-up weeding

Small weeds encroach quickly on this month's newly planted seedlings. In raised beds, containers, and other confined areas where a regular hand cultivator has trouble squeezing between plants, you can fashion a pint-sized tool for the job.

NORMAN A. PLATE

Mini-cultivator, *a bent fork, is handy around little plants, tight spaces*

The gadget is simply an old kitchen fork with tines bent claw-fashion at the ends. It's easy to tuck in a pocket or keep in your harvest basket for quick weed patrols. Indoors, it's handy for loosening caked soil in plant pots and for scratching in pelleted fertilizer and insecticides. □

SEPTEMBER CHECK LIST: *Here are end-of-summer opportunities*

☐ **Compost.** Alternate grass clippings and chopped-up prunings with thin layers of soil. Water the pile with each addition and whenever it begins to dry out.

☐ **Fertilize.** Begonias, fuchsias, roses, and all late-blooming annuals and perennials prosper with regular light feedings (half-strength every two weeks). So do potted flowering plants. Fertilize newly planted flowers and vegetables after a week or two; give new trees, shrubs, and ground covers one feeding in the next month or so, another next spring.

☐ **Groom and prune.** Prolong summer bloom by nipping off spent flowers just after they fade. Stake tall, top-heavy dahlias, chrysanthemums, marigolds, and zinnias. Cut back leggy or overgrown geraniums, marguerites, and lantanas to get new growth soon.

☐ **Plant bulbs.** Nurseries have their biggest display now. Buy now for planting over the next few months (in mildest climates, you can stretch out bulb planting to November or early December). These go in the ground first: autumn crocus, Dutch crocus, daffodils, Dutch iris, freesia, lycoris, scilla, tritonia, and watsonia. For a long stretch of cut flowers in the spring, stagger plantings of ranunculus over the next month or two.

☐ **Plant flowers.** Fall is the best time to set out more perennials; nurseries are generally well stocked now. Set out these cool-weather annuals for a colorful show from the fall holidays through winter to mid-spring: calendula, dianthus, Iceland poppy, pansy, primula, snapdragon, sweet alyssum, and stock.

☐ **Plant or renovate lawns.** At mid-month, cool-season grasses perk up and begin a fall growth spurt. The four weeks after that are prime time for reseeding, patching, and fertilizing old lawns and starting new ones from seed or sod.

☐ **Plant vegetables.** Inland valley gardeners should be finishing fall vegetable planting by the end of the month; coastal cool-season crops are just going in. Choices include beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chard, Chinese cabbage, garlic, leeks, lettuce (both head and loose-leaf kinds), onions, peas, radishes, spinach, and turnips.

☐ **Prepare planting beds.** Big landscaping projects need plenty of advance work before the plants actually go in later this month. Clear and haul out old plants, lay out new areas, till the ground, and add any necessary amendments now. To presprout weeds, water several weeks before planting. Apply herbicides early in areas where new lawns and ground covers will go. Install new watering systems—drip or sprinklers—before planting, too.

☐ **Prune out mistletoe.** Now is a better time to do it than winter when trees are leafless. In November, mistletoe begins setting seed; you run the risk after that of scattering the sticky seeds—or of letting the birds do it for you.

☐ **Sow spring flowers.** Many wildflowers and self-naturalizing spring annuals grow easily from seed with winter rains. See the color picture at the front of this guide.

☐ **Weed and water.** If possible, hoe off fall-sprouting weeds while they're still tiny. Water diligently, especially new plantings and container-bound flowers and shrubs. Baked soil and dried-out moss baskets can be tough to revive; a soil penetrant or a little liquid soap helps water soak in.

Showerhead nozzle

Fan "sweeper" nozzle

Bubbler

Jet-spray nozzle

Fogger nozzle

CHAD SLATT

From rain-like spray to fine mist, *these five different hose-end devices put normal home water pressure to w*

They fog, jet, fan, shower, bubble . . . simple hose-end gadgets

Quick-connector coupling *allows change of hose attachments (here a showerhead nozzle) without turning threaded ends*

In the arid West, a hose is often a garde er's best friend. To aim its flow, most ga deners use a familiar multipurpose nozz and some simply use their thumb. But f certain tasks, the attachments pictured these pages can help you make more ef cient use of your hose and water.

Five special nozzles are shown above, wi their uses described below. On page 19 we show a hose-end shutoff valve and tw faucet couplings. Look for these attac ments in nurseries, garden supply cente or hardware stores. Most cost less than $ some are available in plastic as well brass and aluminum.

The showerhead nozzle (above, far left) is the favorite hose attachment of many experience gardeners. They like its rain-like spray patter that doesn't gouge soil—or flatten seedlings when used at close range. It's also good for rinsing foliage.

The fan nozzle should be reserved for washing excess dirt from aggregate patios or paths tha are difficult to sweep clean. In years of limited water, shelve this device and break out the broom.

The bubbler breaks the full force of the water into a gentle flow that's perfect for deep-

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CHAD SLATTERY

-end shutoff valve: *with a of the thumb, it regulates flow tely, avoiding trip back to faucet*

eling elbow *coupling keeps hose n kinking at faucet as you pull om side to side in the garden*

ing trees and shrubs (especially roses) and watering container plants.

jet-spray nozzle shoots a ¼-inch stream. It ot for watering plants (the stream is eful enough to tear tender leaves). But it s work well for such jobs as washing dust exterior surfaces prior to painting.

fogger nozzle produces a fine, cooling mist may be needed to perk up heat-sensitive nts such as ferns or fuchsias. Fogging heads produce flow rates of ½, 1, 2, and 3 ons per minute are available. □

connector *allows two hoses to aw from one faucet. This one has o individual shutoff valves*

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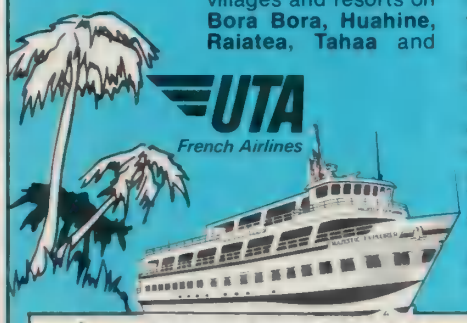

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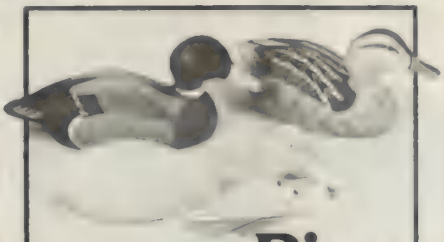

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Demolish your own concrete or asphalt paving?

You might want to, for a yard or garden remodel. The right tools help speed the heavy work

For a remodeling project involving the removal of a paved patio or driveway, the equipment pictured on these pages will get the job done.

If you choose to do the work yourself, it helps to be familiar with the four basic kinds of tools used for concrete and asphalt demolition: hand tools such as sledges, crowbars, and breaker bars; pneumatic jackhammers; electric jackhammers; and concrete saws. You may already own a sledgehammer and large crowbar, but you'll probably have to rent the other tools. When you go to the rental agency, be sure to have the safe operation of each tool thoroughly checked out.

If you decide to let a contractor handle the work, see page 198 for tips.

Safety begins with the right wardrobe

Wearing shatterproof goggles or safety glasses ($3 to $5) is an absolute must when you work with tools that produce flying chips. It's also wise to wear leather gloves, heavy long pants, and sturdy boots or shoes. Hearing protectors ($8 to $12 at gun shops) or simple ear plugs round out the uniform.

Sledgehammers and crowbars: muscle power does the job

If you don't own a sledge or 4- to 5-foot crowbar, most rental yards will supply them for $3 to $5 per day. With strong arms wielding them, they work surprisingly fast, depending on the thickness of the concrete or asphalt to be removed.

We found that a large crowbar worked extremely well on 3-inch-thick asphalt on a cool day: we were able to pry up 1-foot-square sections (35 pounds apiece) nearly as fast as a small jackhammer. On hot days, it was a different story: warmed to the consistency of tar, the asphalt bent when we tried to pry it, came loose in tiny chunks, and stuck to clothes and tools.

Pneumatic jackhammer for big jobs

Pneumatic jackhammers are the heavyweights of concrete demolition. They operate on air supplied by a compre run by a small gasoline engine. They usually rented on a trailer that you behind your car. Compressed air is de ered to the jackhammer through a hea duty hose (50 feet of hose is st dard rental length; additional lengths extra).

Many rental outfits have three sizes jackhammer units that operate with 60, or 90 cubic feet of air per min (cfm). Each jackhammer weighs appro mately the same number of pounds as cfm rating.

The lightest model, the 30-pound ja hammer, is best used for breaking asph or concrete 2 to 3 inches thick.

The 60-pound jackhammers handle c crete up to 4 inches thick—the depth most driveways and patios. The 60-pou unit is adequate for most home jobs, es cially for first-time users.

The 90-pound jackhammers handle st up to 12 inches thick, such as in foun tions, but as one operator puts it, "th wear you out—and fast!"

Rental fees for compressor-jackhamm rigs run from $45 to $75 per day.

Tips on using jackhammers

"Let the hammer do the work. You've g enough of a job just lugging it aroun one user advises. What he means is: do try to lean on the tool or you'll be in fo bone-jarring ride. Use your hands a arms only to balance the tool. Break small 3- to 5-inch-wide chunks.

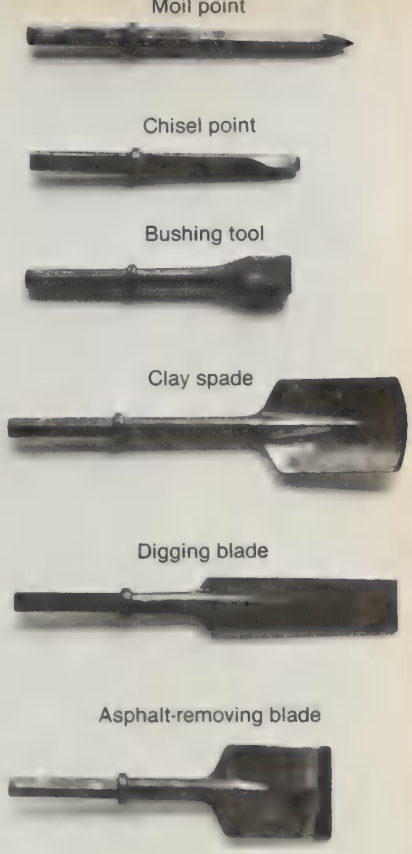
If the point gets completely embedd with no sign of the concrete cracking, p it out immediately and start closer to broken edge. If you don't, you risk embe ding the point so tightly that getting it o could be a difficult task. Large chun are also surprisingly heavy; a 1-fo square of 4-inch-thick concrete weig about 50 pounds.

Several different kinds of points (als called "steels") used for various jackham mering jobs are shown at right abov Take care when changing or removin steel points after more than a few minute

CHAD SLATTERY

Tool lineup *from left to right: pneumatic jackhammer with hose to air compressor; sledgehammer and crowbar; concrete saw; and electric jackhammer with extension cord to 110-volt outlet*

ı pneumatic jackhammer *(rated 60 cfm), it took only a minute to break up by 4-foot square of 5-inch-thick concrete. Note size of broken chunks*



Points or "steels" *perform different jobs: moil and chisel points are for general demolition; bushing tool knocks down high spots; clay spade and asphalt removing blade are designed for those materials; digging blade breaks up hard, rocky soil*

Points plug *easily into jackhammer's socket; wear gloves—use heats them up*

points heated by friction could burn ıngloved hand.

ctric jackhammers for smaller jobs

ctric jackhammers are smaller, lighter veight, quieter, less powerful cousins of pneumatic kinds. They run on 110-volt ısehold current. They are useful small areas of relatively thin (3 inch- or less) concrete or asphalt. Generally, can rent the same types of steel tips t are available for pneumatic units. ctric jackhammers rent for $35 to $60 day.

ncrete saws for straight cuts

ou want to take out only a portion or p of concrete, leaving the rest intact with a finished edge, you need to rent a concrete saw. With the proper blade, you can also cut asphalt with it.

A concrete saw moves on three or four wheels as it cuts. A gasoline engine drives the saw blade; when a clutch is engaged, the engine also propels the saw forward at the proper cutting speed.

There are two ways to cut concrete. If a finished edge is not too important, make a scoring cut about ½ inch deep. When you hit the concrete beyond the cut with a sledge or jackhammer, it will break off cleanly. Below the depth of the cut, the edge will be a bit irregular.

Where a finished edge is important, lower the blade through the full depth of the concrete. (Raise and lower the blade by means of a manually operated gear.)

As you would expect, it is faster to make a scoring cut than to cut fully through the concrete. With an 8-hp machine, it took us 15 minutes to score a ½-inch-deep channel 10 feet long. You'd spend at least twice as long cutting the same distance if you cut completely through a 4-inch-thick slab.

A concrete saw rents for about $45 to $70 per day.

Two kinds of circular blades are commonly rented: carborundum and diamond edged. The policy of almost all rental outfits is that you buy the carborundum blade ($15 to $25). Diamond blades ($250 to buy) usually rent for about $20 to $30 a

MICHAEL THOMPSON
Concrete saw *makes ½-inch-deep scoring cut in wide concrete driveway; water from hose cools saw blade, cuts dust*

day, with an additional charge for blade wear. When you sign out the blade, an employee "mikes" (measures with a micrometer) the blade diameter. When you return the blade, it will be miked again, and you'll be charged about $2 to $4 per thousandth of an inch of wear. (Remember, you're wearing away industrial diamond.)

Many factors affect wear. Generally, if you plan to cut more than 40 linear feet of concrete it is less expensive to pay for the use of a diamond-edged blade.

Using a concrete saw

Both kinds of concrete saw blades work best when cooled by water. (Diamond kinds must be water cooled; with carborundum kinds, water helps extend the blade's cutting life.) On one side of your concrete saw, you'll find a place to connect the garden hose; turn on the water before you start the machine. Water also helps keep down concrete dust. Start the motor and position the blade over the line. To avoid stalling the engine, lower the blade very slowly through the concrete; if you force it, you risk breaking a blade or snapping off a diamond-edged saw tooth.

Concrete saws are extremely difficult to use on even a moderately sloping surface. Consider hiring a professional if you plan to cut on more than about a 3° slope.

Hauling away the spoils

Disposing of chunks of concrete or asphalt can be as tough a task as breaking it up. If you or a fellow gardener can't use them to build retaining walls or walkways, get an estimate from a commercial hauler for disposal costs. Before you haul the rubble to the dump yourself (use a heavy-duty pickup truck), call ahead to see if the dump will accept your load and how much you'll have to pay.

If you'd rather have a pro do it

Look for contractors in the yellow pages under Concrete Breaking, Cutting, and Sawing. It's a good idea to get estimates. For asphalt and concrete sawing, contractors typically charge by the linear foot. For concrete, expect to pay from 50 cents to $1.25 per linear foot, with a minimum charge of $65 to $125. Asphalt costs 45 to 75 cents per foot to saw, with the same minimum charge.

For standard-thickness (3½ to 4 inch) concrete and asphalt, jackhammer work costs about $2 to $4 per square foot, with about a $100 minimum. This price includes hauling away the rubble, and it will vary depending on how the material is removed. If the contractor must haul it out of your back yard in a wheelbarrow, expect to pay more than if he can back a truck directly to the site and load the rubble with a power scoop. □

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What can you do about ail-order duds?

s of horticultural glory can some- fizzle when you unwrap your order a mail-order plant supplier. Al- most firms send healthy plants in ent condition, occasionally plants maged in transit, don't live up to atalog descriptions, or fail to arrive you expected. What can you do?

take some precautions *before* you keep a copy of your order and never ash (instead, use a personal check, check, money order, or credit card ent as a record of the transaction). se plants that do well in your climate, rder from nurseries that have proven ations—or make a modest initial or- a test. For more details on ordering s by mail, see the November 1981 *et*, page 116.

a problem occurs, inform the nurs- s soon as possible. The written guar- in the catalog usually specifies how you have to notify them if your order es in unsatisfactory condition (often k to 10 days, sometimes longer). The antee also states if the nursery is will- replace a plant that doesn't thrive in st season.

, carefully read the information that es with your order (including all the print); you may be required to send the shipping label or other document if you have a complaint. Send your complaint in writing, along with a copy of your order. Retain copies of all correspondence and support material.

DARROW M. WATT

Disgusted *with shriveled, undersized begonia tuber and pot without drainage, he will try to resolve complaint with mail-order company*

er of chrysanthemums *didn't live up to its alog description. Only 3 of 10 spindly, lding plants in our shipment survived*

If the mail-order supplier does not resolve the problem within a reasonable time (allow a month), you can contact an agency that will act on your behalf free of charge:

Better Business Bureau. This nonprofit organization of businesses is listed in the white pages of the telephone directory; call or write for a complaint form. Before you order, you could also contact the Better Business Bureau in the city closest to the company's headquarters to find out if there has been a record of complaints against the company.

Direct Mail Marketing Association (6 E. 43rd St., New York 10017). Write to its "Action Line" for help with a mail-order problem. If you want to reduce the volume of unsolicited direct-mail advertisements you receive, write to its "Mail Preference Service" division.

U.S. Postal Service. If your mail-order plants were delivered through the U.S. mail (not U.P.S. or other carrier), you can write to your local postmaster, who will forward your complaint to the appropriate postal inspector for mediation. The U.S. Postal Service also has the power to halt sales from a mail-order company if false representations were made in the advertisement or catalog.

In seeking assistance from any of these sources, describe your complaint in writing and provide documentation. Generally, you'll need to write a brief explanation of the problem, with a chronological listing of events. Keep your description business-like, no matter how frustrated you feel. Include copies of all relevant material, such as your order, the advertisement or catalog description, any correspondence with the company, and proof of purchase (such as money order receipt, credit card statement, bank check copy, or a photostatic copy of the front and back of your cancelled personal check).

It usually takes at least a week or two before you'll receive notification from the agency that it has acted on your complaint. Generally, you can expect a resolution within a month or less. On the rare occasions when this action fails, let the agency know so it can try again.

Finally, if you feel a company is engaging in misleading or fraudulent practices, you may also want to write to the Federal Trade Commission. The commission won't handle your individual complaint, but your report may help establish a pattern of abuses requiring action. Address your report to the Office of the Secretary, Correspondence Section, Federal Trade Commission, Sixth St. and Pennsylvania Ave. N.W., Washington, D.C. 20580. □

Stretching the harvest season, starting a new lawn. Then here comes fall

Sunset's INTERMOUNTAIN GARDEN GUIDE

Short growing season, cold winters

September is a month to relax—to a point. Enjoy your garden, but don't forget to water and weed and to harvest. Sometime this month, the first real frosts will come, signaling the start of the fall planting season.

Simple homemade garden bench

Rustically handsome and sturdy—even through cold winters—the bench you see below was designed and built by Ann and Arnold Johnson of Flagstaff. It's made of some scrap 2 by 4's and 4 by 4's, with a hefty plank for the seat.

If you build a similar bench, the plank can be any size; check salvage yards. The size of the frame depends on the dimensions of the plank. Build the two frames, using 3½-inch (16d) hot-dipped galvanized nails, and slide them onto the ends of the plank. The weight of the plank holds the bench together without glue or fasteners. Make the opening several inches deeper than the plank is thick so the slanted frames pinch the plank in place. The deeper the opening the more slanted the frames and the more stable the bench becomes.

To minimize slivers and snags, round the corners of the boards by sanding before painting or applying another finish.

If your bluegrass lawn looks a bit shabby . . .

Consider replacing water-gulping bluegrass with a less-thirsty lawn. In high elevations, gardeners have their choice from among four: buffalo grass *(Buchloe dactyloides)*, blue grama grass *(Bouteloua gracilis)*, Western wheatgrass *(Agropyron smithii)*, and a variety of crested wheatgrass *(Agropyron cristatum)* called 'Fairway'.

If you prefer to stay with bluegrass, this is the time to shape it up. Reseed bare areas, then cover with burlap until seed sp
Feed the remaining lawn with a hi
trogen, iron-rich fertilizer. Water c
but infrequently in early morning.

Water-saving ground covers

As water rates continue to climb, ga
ers are searching for ground covers
can plant this month that are
drought resistant and cold hardy.
are some excellent high-elevation ch

In full sun, use *Artemesia schmid*
'Silver Mound', *Cerastium tomento*
cypress spurge *(Euphorbia cyparis*
Festuca ovina glauca, Penstemon pi
lius, Phlox subulata, and many sedu

In partial shade, plant ajuga, iberis,
honia repens, Vinca minor, and
strawberry *(Fragaria americana)*.

You can buy plants of any of these
month, or divide established plantin
get additional plants. Remove g
clumps and roots, till the area to be p
ed, incorporate amendments, and the
out the new plants 1 foot apart.

To encourage rapid spread, soak
plantings weekly until temperature di
the 30s. Once established—in a yea
two—plants will need less water th
lawn would.

Act now to minimize tussock moths, grasshoppers

Many high-elevation gardeners fo
more tussock moths and grasshopper
their gardens this year than ever bef
Tussock moth larvae attack firs
spruces; grasshoppers eat nearly anyth

You can take action this month to con
them biologically. Spade bare areas in
garden to expose grasshopper eggs
just below the soil surface. Birds will
many of the eggs, and the cold winter t
peratures will kill the rest.

Tussock moth cocoons overwinter
tached to fence boards, eaves, and aro
door and window frames. Look for w
ish, fuzzy, 1-inch cocoons. Inspect
and remove any that you find.

Stretching the vegetable season under plastic sheeting on a frame

Near the town of Graeagle in Californ
northern Sierra Nevada, Ernie and Cl

DON NORMARK

Rough-sawn plank, *supported by two simple frames built of scrap lumber, makes rugged garden bench. See item above for building directions*

JEFF TEETER

n black plastic *each afternoon affords frost protection for these squash, peppers, es. Technique would work with other tender crops*

nazzo add precious weeks to their ble-growing season with the simple n frame and black plastic sheet you ove.

aeagle (elevation 5,175 feet), frost cur any night of the year, so Mr. nazzo groups his frost-tender vege- in one portion of his garden and the light wooden frame over them. afternoon, the plastic is spread over ame to keep the frost off; it is re- l first thing the next morning.

The plastic protects against summer frosts and allows time for crops to ripen near the end of the season, when the first heavy frosts might otherwise cut short the harvest.

If you build such a frame for protection this fall, you can use any scrap lumber: 1 by 2's or even lighter strips will do. Drive uprights into the ground about 6 inches to 1 foot and nail horizontal strips to them, allowing clearance for the plants at their maximum size. Then run horizontal strips lengthwise as shown.

SEPTEMBER CHECK LIST: *Here are the end-of-summer jobs, opportunities*

☐ **Store summer bulbs.** Lift cannas, dahlias, and gladiolus, let hem dry for a few days, then store at 35° to 50°, exposed to air circulation. Leave begonia tubers in pots to prevent shriveling.

☐ **Divide peonies.** Dig roots and look for pink buds. Leave three or four buds on each root division. Replant roots so buds are 1 to 2 inches deep. (Do this only to propagate; it isn't necessary as a routine.)

☐ **Divide perennials.** In all but the coldest areas, lift and separate bleeding heart, campanula, delphinium, poppies, Shasta daisies. Mulch after replanting.

☐ **Harvest.** Check the garden daily, and pick everything that's ready. If frost is forecast, pick or protect eggplant, peppers, tomatoes, other tender produce. Also pick peaches and plums; light frost won't hurt most apples and pears.

☐ **Plant spring-flowering bulbs.** Crocus, daffodils, hyacinth, and small-flowered narcissus should be appearing in nurseries soon. After planting, water thoroughly.

☐ **Plant lawns.** Early fall is ideal to seed or sod new lawns, except in coldest climates.

☐ **Water thoroughly.** Winter snows are some time away. Water trees and shrubs well after leaf drop; continue deep-watering lawns.

☐ **Weed.** Hoe, pull, or spray weeds this month, and you'll have fewer weeds next year.

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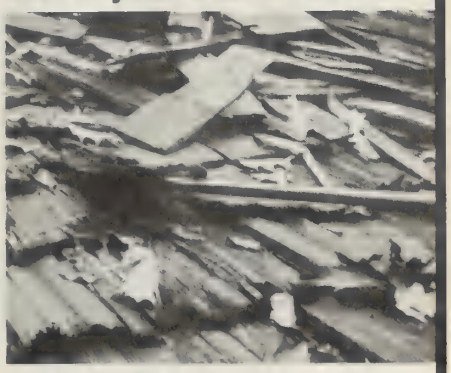

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Search-and-destr pest control

Not all nematodes are plant parasite cause knotted roots and stunted p Many are parasitic on insects, and o the caterpillar nematode (*Neoaple carpocapsae*)—has proven an effecti sect control in tests conducted by the versity of California and the Department of Agriculture. Now commercially available.

Nature has planned it so that this n tode can survive only by parasitizing l insects. Fortunately for us it does harm earthworms, plants, or vertebr It needs moisture to survive and h must live in the soil or some other pro ed environment; its habitat keeps it o touch with honeybees and such welc insect predators as ladybird beetles, l wings, syrphid flies, and parasitic was

The caterpillar nematodes won't of your vision, either; they are too small t seen with the naked eye. You buy t either as a paste to dilute with water a carton of damp cedar shavings to spread on the soil. Applied either they quickly disappear between particles.

Search-and-destroy tactics

One advantage that nematodes have chemicals is their ability to search out sect larvae. Small as they are, they h some mobility and will move around u they find their prey and kill it. Tree s geons squirt them into holes bored in t by carpenter worms and know that nematodes will find their mark. (The t nels and tree sap protect the nemato against dehydration.)

The nematodes have proven especia useful against soil insects. Although ne atodes need moisture, they are tou enough to coexist with many chemi pesticides and fertilizers.

One pest against which they have dem strated great value is the strawberry r weevil, a hard-to-kill creature of north California and the Northwest. This p causes great damage not only to strawb ries and raspberries but also to rhodod drons, azaleas, and many conifers. Adu chew square-cornered notches in l edges, while the larvae—white or pink grubs—feed on roots underground, doi greater (though unseen) damage.

A nursery in the San Francisco Bay Ar has discovered that nematodes give bett control against weevils than any chemic treatment, and at a lower price. A co mercial grower of raspberries near Wa

NORMAN A. PLATE

cedar shavings *are all you see—yet the s carry a quarter of a million predators*

e, California, has reported ctory control in his fields. The rho- on collection at the University of nia Botanic Garden is now being ed by these nematodes.

nterpillar nematode is effective not gainst root weevils but also against orms, cutworms, lawn moth and eetle larvae (wireworms), and other velling insects.

g them to work

uy the nematodes by the quart, contains approximately 250,000 res in damp cedar shavings, and will 50 square feet; or as a paste, which ns approximately 25,000,000 and es refrigeration until used. Cover- ill vary with method of application. l with water and poured onto the d, the nematodes will survive st their own predators for three s under normal garden conditions, while searching for insects by mov- rough the soil.

they encounter an insect, they enter ody cavity and release bacteria that e host. They then feed on the dead ure. A single nematode can cause the of a large caterpillar within 26 . If a male and a female nematode the same insect, they will breed and nish the supply in the soil.

atodes are produced by the Nema- Farm, 2617 San Pablo Ave., Berke- alif. 94702. If your nursery does not dy have them, the farm can advise it distributor. Prices are about $6 to $9 quart, about $100 for the paste. s of 1,000,000 nematodes may be or- d direct from the farm for $20. □

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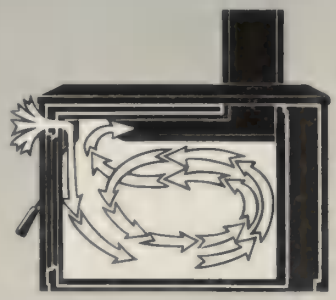

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NORTHERN CALIFORNIA

Oakland. The Rotary Natural Science Center offers nature walks on some Saturdays and film and slide shows most Sundays at 2 P.M. For information, call the center at (415) 273-3739.

Citrus Heights. September 4, 5, and 6. Annual dahlia show presented by the Sacramento Chrysanthemum and Dahlia Society. Place: Fountain Square Nursery, 7115 Greenback Lane. Hours: 1 to 6 Saturday; 9 to 6 Sunday and Monday. Free.

San Francisco. September 8. Wildflower walk begins a series of plant identification and botanical technique classes with Ida Geary. Classes will be held Tuesdays, Wednesdays, and Thursdays from 10 to 2:30. The classes are sponsored by the Galileo Community College Center and the National Park Service. Place: Fort Point Promenade Classroom, Building 672, near Mason and Livingston streets in the Presidio (Muni bus 29). The classes are free. Registration is in the classroom; bring a bag lunch.

Pittsburg. September 8 and alternate Wednesdays through January 26. Ten-session lecture series on ecological horticulture with optional field trips on alternate Saturdays. Attend any four lectures and complete a project for one unit of credit. Place: Los Medanos College, 2700 E. Leland Rd. Hours: 7 to 10 P.M. Coordinator: Kate Olsen. Register until October 20 at admissions office or at class meetings. Free.

Santa Cruz. September 11 and 12. Begonia show and plant sale at the 50th anniversary convention of the American Begonia Society. Place: Holiday Inn, 611 Ocean Ave. Hours: 9 to 5. Free.

Saratoga. September 11 and 18. Two-session workshop on culture and use of herbs. Place: Saso Herb Gardens, 14625 Fruitvale Ave. Hours: 9:30 to 3 both dates. Fee: $30. Reservations are necessary; telephone (408) 867-0307. Bring a cup and brown bag lunch.

Kenwood. September 12, 19, and 26; October 3, 10, and 17. Free gardenside lecture series at Wildwood Farm Nursery, 10300 Sonoma Highway. Hours: 1 to 3. Fee: $1. Preregistration is requested; call (707) 833-1161.

San Francisco. September 16. The Strybing Arboretum Society presents the first monthly Thursday evening lecture at 7:30 P.M. Place: Hall of Flowers, Golden Gate Park, Ninth Ave. and Lincoln Way. The doors will open at 7 for the sale of plants and books. Free. Lecture subject: tropical fruits, with samples to taste.

Stockton. September 18. Iris rhizome sale by the Central Valley Iris Society. Place: Lincoln Village Shopping Center, Pacific and Benjamin Holt avenues. Hours: 9 to 5. Admission is free.

San Mateo. September 18 and 19. Nineteenth annual bonsai exhibit by the San Mateo Bonsai Club of San Mateo Gardeners' Association. Place: Central Park Recreation Center, 50 E. Fifth Ave. and El Camino Real. Hours: noon to 8 Saturday; 10 to 6 Sunday. Free.

San Francisco. September 21. First of Tuesday morning talk and tour series by the Strybing Arboretum Society. Place: Hall of Flowers (for address, see September 16 listing). Hours: registration and book and plant sale, 9:30 A.M.; lecture, 10 to noon. The subject will be roof gardens. For fee, call (415) 661-1316.

Davis. September 25. Eighth annual plant sale by Friends of the Arboretum at UC Davis. Place: in front of arboretum headquarters, across the street from parking lot 46. Hours: 8 to 1. Admission is free. There will be a large selection of shrubs, ferns, vines, cactus, succulents, bulbs, perennials, and house plants.

Newark. September 25. The Southlanders Branch of the American Fuchsia Society will host all of the society's California branches at their annual fuchsia festival. Place: New Park Mall, Mowry Ave. and State Highway 17. Hours: 9 to 5. Free.

Palo Alto. September 25 and 26. Annual orchid sale by the Peninsula Orchid Society. Place: Palo Alto Square courtyard, El Camino Real and Page Mill Rd. Hours: 10 to 4 both days. Admission is free.

Aptos. September 26. Annual sale of native plants sponsored by the Santa Cruz chapter of the California Native Plant Society. Place: The Barn, Deer Park Shopping Center, Rio del Mar turnoff from State Highway 1. Hours: 1 to 4 P.M. Admission is free.

COLORADO

Denver. September 4. Show presented by the Denver Rose Society. Place: John C. Mitchell Hall, Denver Botanic Gardens, 1005 York St. Hours: 10 to 4. Admission to the gardens: $2; seniors and children 7 through 16, 50 cents.

Colorado Springs. September 11. Annual sale of ground covers and of perennials for fall planting presented by the Hortic al Art Society. Place: Mall-of-the- Academy Blvd. and Templeton Ga Hours: 9 to 5. Admission is free.

Denver. September 11 and 12. A show presented by the Denver Dahl ciety. Place: Denver Botanic Garden address and admission, see Septem listing). Hours: 10 to 4.

Denver. September 14 and 15. Show tables decorated by the Garden Cl Denver. Place: Denver Botanic Ga (for address and admission, see Se ber 4 listing). Hours: 11 to 4:45.

NEVADA

Elko. September 3 through 6. Flora hibits at the Elko County Fair and stock Show. Place: National G Armory, county fairgrounds. Hours: 5 daily. Exhibit admission is free; ac sion to horse racing costs $3 for ac $2.50 for ages 11 through 18.

Reno. September 11 and 12. Reno Society show at the Nevada State (September 8 through 12). Place: grounds, 1350 N. Wells Ave. Hours: midnight Saturday; 10 to 10 Sunday. mission to the fair: $2.50; ages 6 thr 12, $1.25. The show is open to exhib from northern California and Nevada

UTAH

Salt Lake City. September 15. Tree and talk with W. Richard Hildreth, di tor of the State Arboretum of Utah. S ject: trees for autumn color in Utah. in front of the Natural History Muse University of Utah, at 7 P.M. for the 2-h event. Free.

Salt Lake City. September 16. Short version of the September 15 event brown bag tour from noon to 1 P.M. at the museum as above. Free.

Salt Lake City. September 18 and Flower show and five-garden tour sented by the Utah Associated Gar Clubs. The flower show will be held their activity center, Sugar House P 1602 E. 2100 South St. Hours: 1 to 7 S urday; 11 to 5 Sunday. Free. Hours: 1 6 on Saturday (no tour on Sunday). T fee: $2.

Salt Lake City. September 25 and Show presented by the Bonsai Society Utah. Place: Utah Garden Clubs Activ Center (for address, see September listing). Hours: 10 to 8 Saturday; noon 6 Sunday. Free.

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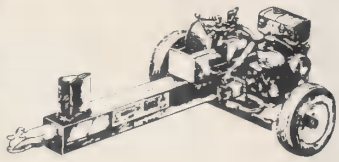

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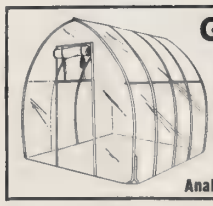

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Big spring blooms *come from dahlia wh tubers spent winter in ground of Merle Pat Robboy's garden, Corona del Mar*

To dahlia dig or not

Hold that spade—your dahlias ma have to be dug up after all if you live low elevations of California and Ari Conscientious dahlia gardeners are covering what hang-loose dahlia fans known for years: tubers left in the gr over winter usually bloom next seaso

The key element is that you must live area that doesn't get hard freezes i winter. Dahlias shocked by extreme will often fail to sprout in spring. your soil should have excellent draina reduce chances of rotting.

But barring hard freezes, tubers left i ground over winter will get off to an e er start in spring than stored dahlias they produce bigger clumps and blooms. If you plan to leave your da in the ground, wait until the foliage declined before cutting plants back to ground. Cut above a node so that the will seal itself off naturally (to re chance of rotting). As an added pre tion, you could seal the cut stem with minum foil, clear plastic wrap, or me paraffin.

What about dividing the tubers? Da left in the ground will do well for at two seasons without dividing. If clu get crowded, dig them after the first damages the foliage—or in Decembe January in frost-free areas. After dig and washing the tubers, divide them r away or wait until early spring.

For more details on digging and divid see the October 1981 *Sunset*, page 254

Exhibitors note: dahlias left in the gro will bloom sooner, so the prime first b soms may be gone by the time most da shows are held. You may want to conti digging tubers.

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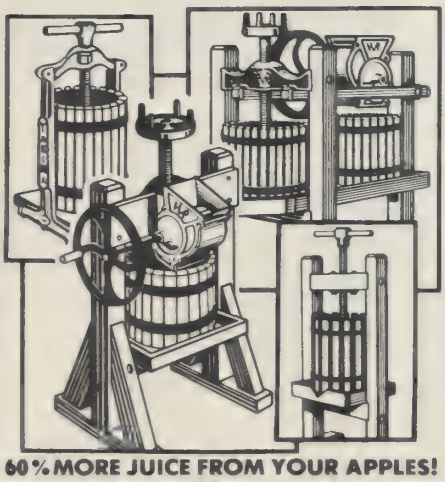

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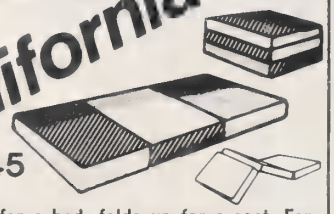

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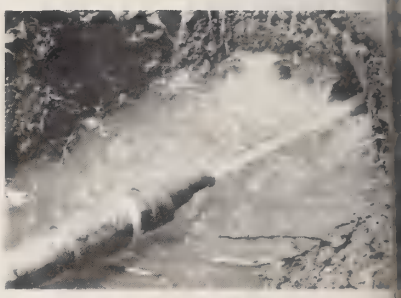

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Hole drilling under sidewalk

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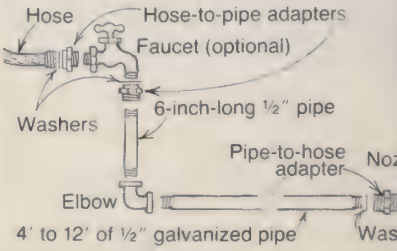

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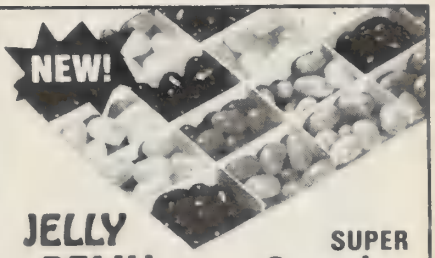

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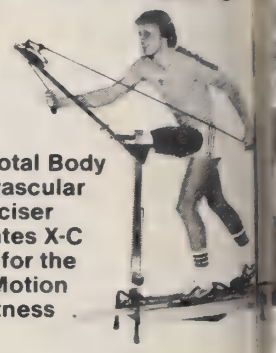

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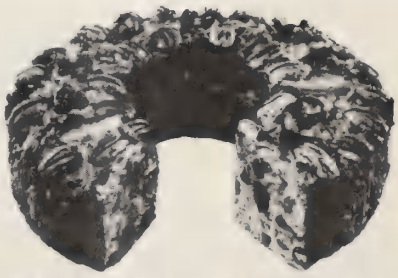

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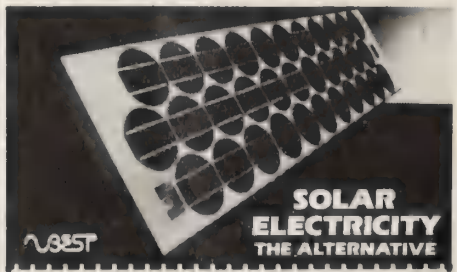

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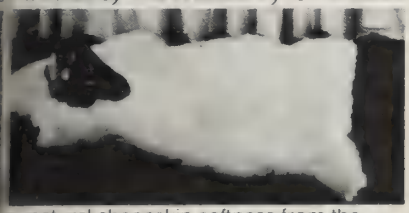

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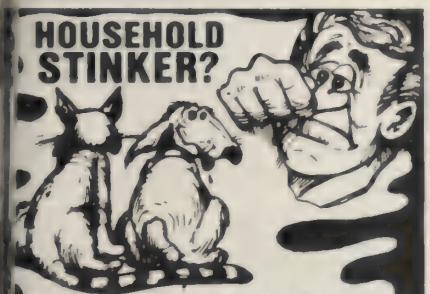

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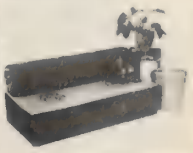

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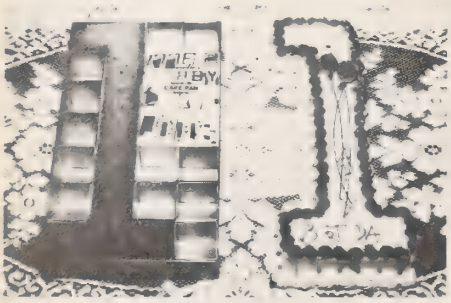

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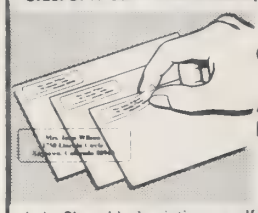

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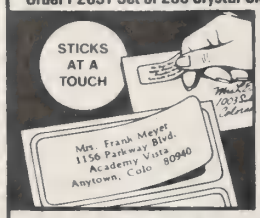

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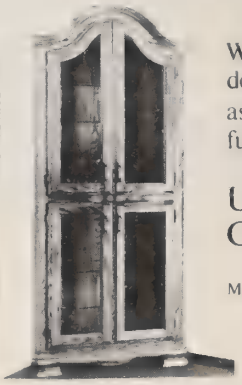

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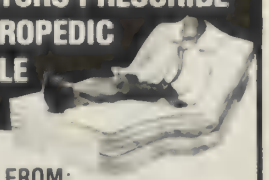

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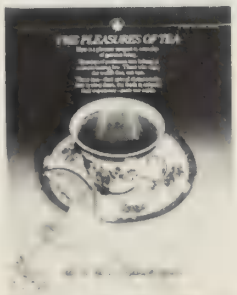

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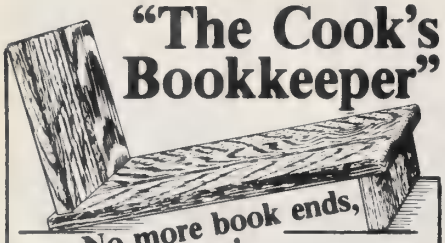

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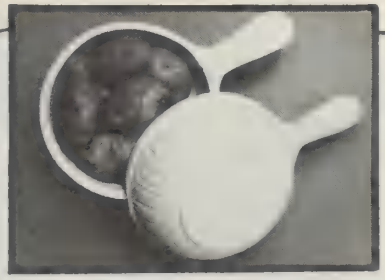

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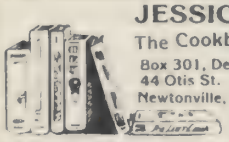

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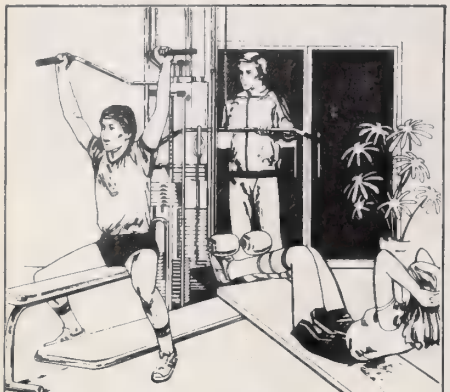

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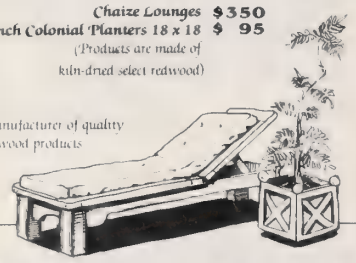

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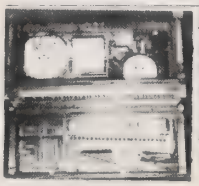

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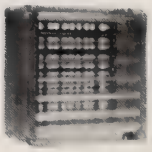

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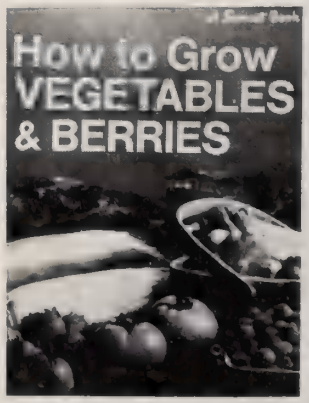

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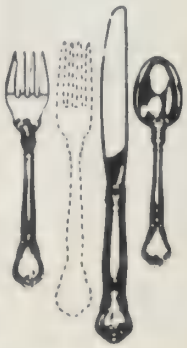

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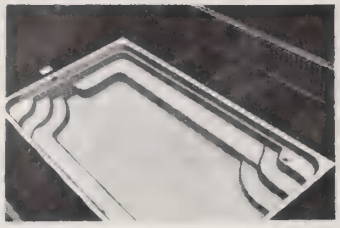

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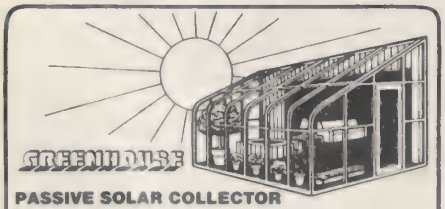

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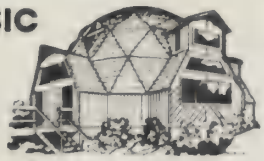

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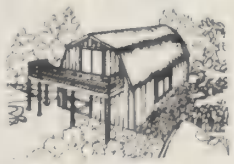

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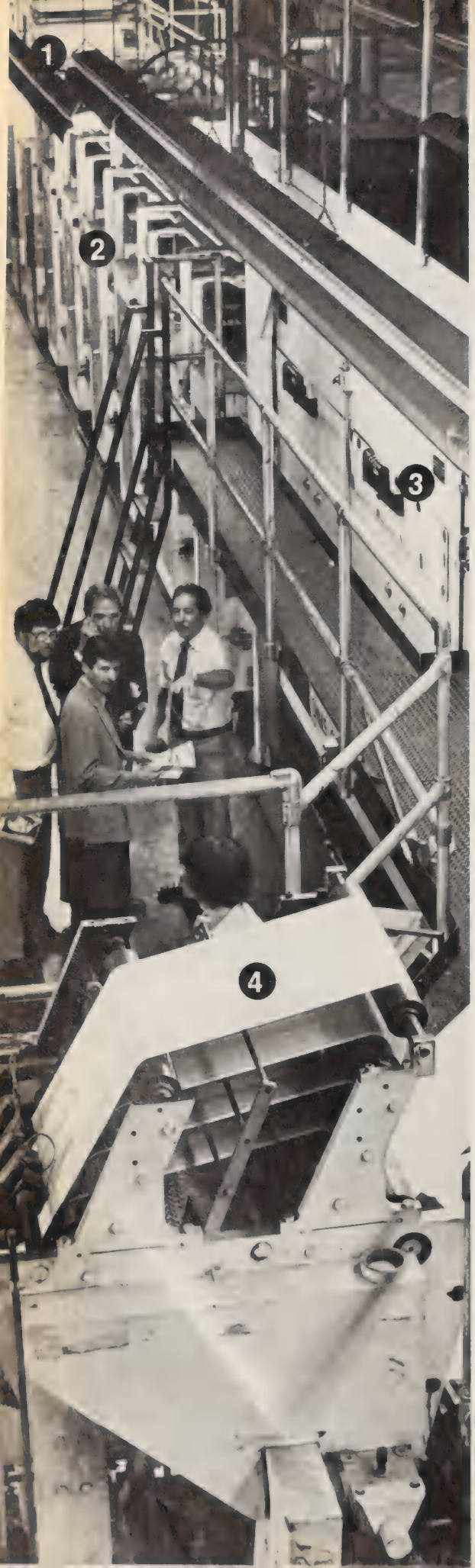

GLENN CHRISTIANSEN

LETTER FROM *Sunset*

Our printing moves to L.A. And we move into the future

Take a close look at this page. Is it the *Sunset* you are used to? The ar is yes . . . and no.

The past few weeks have been especially busy, exciting times he *Sunset*. We've installed the latest in computerized editorial text-proce systems, changed from setting metal type by hand and linotype machir electronic "photo" typesetting, and moved our printing operation from cago to Southern California. You're holding the first issue produced the new system and printed in Los Angeles.

These moves mark our entry into the realm of computerized publis Although *Sunset* readers should not notice any marked difference i look or format of the magazine, there will be hidden benefits.

One is the shortening of our production time by seven full days. This *Sunset* editors additional time to report fast-breaking stories and c last-minute developments for articles. Another benefit is a greater flex ty with type sizes and styles. We now have an infinite choice of sizes, w will allow us to fine-tune headlines and text to maximize readability.

The biggest changes are in how each issue of the magazine is produ Right now we are still in the awkward stages of transition, but here's the new system will work.

Visitors to our Menlo Park headquarters will see editors composing filing articles on Atex computer terminals with video display screens (a ally, a few of us are temporarily clinging to our old typewriters). The of a button sends text to the copy desk, where it is called up on other scr to be edited. When a final draft is ready, a series of computer comm sends the article over telephone lines to our typesetting service in Burb

There, a computerized phototypesetter translates the signal into impu that expose special paper to produce a picture of the text set in the des typeface. (It took 30 seconds to set the type for this page.) Illustrations then placed into proper position, and the completed page is photograp for printing. A "blue line" copy of each page comes to our Menlo P headquarters for approval, then the final positive film is delivered to R Donnelley's printing plant in Los Angeles.

Printing and binding 1.5 million copies of *Sunset* every month is no sm task, which is why the magazine has been printed at Donnelley's m Chicago plant for the last 18 years. When Donnelley approached us ab expanding its small Southern California operation to meet our specif tions, we began working on the changeover, and in early August the f pages of this issue were printed on the new presses.

Now, take another look at this page. Yes, it is the same *Sunset*. We're making it a brand-new way.

WINDOW ON THE WEST: *Sunset on press*

During a press test in June at our new Los Angeles printing plant, our editors examined one of four offset presses that now print the magazine. Giant rolls (1) feed paper into the far end at 1,000 feet per minute; it's stretched, rolled over four round plates (2) that are inked with primary colors, whisked through a 400° dryer (3), and then folded (4) into 16-page signatures. These are stacked on the binding line, where the magazine is assembled, stapled, trimmed, and addressed. Next stop, your mailbox.

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The Magazine of Western Living

Fish Market Revolution

4-page Shopping-Cooking Guide

p. 74

Cottage Gardens, A New Old Idea

It's Time to Plant Now

p. 98

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Feature articles for October 1982

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The Cover Story

Plump peonies, frothy geums, spiked lupine, and skyscraping delphiniums crowd the Portland garden of Mary Louise and Byron Blankinship. An October planting produced this June display. Turn to page 98 for other colorful flower combinations in Western-style cottage gardens. Photograph by Michael Thompson

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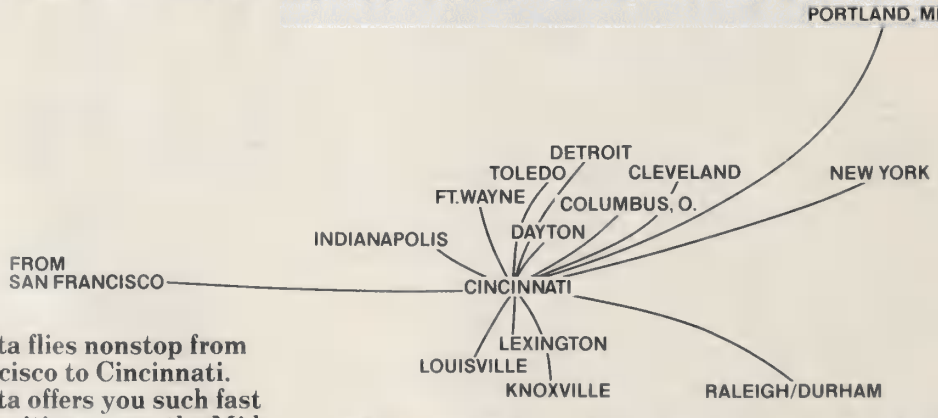

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DAVID STUBBS

Bucolic trails take you over stiles (above), past grazing cattle in golden grass pastures (below), and up to breezy, oak-shaded knolls for picnicking (right)

ambling ranch park above San Jose

estled halfway up the side of Mount amilton, the Grant Ranch was once the istic retreat of San Francisco millionaire oseph D. Grant, who reportedly would vite cronies Leland Stanford and Herert Hoover over to "rough it" in the ountry. Today, it's the Santa Clara ounty park system's largest holding, pened just two years ago. The elegant 880s ranch house now hosts less famous ut no less welcome guests in its downstairs ature center (noon to 4:30 weekends, 8 to :30 Monday through Wednesday).

'he park is still in essence a working anch, with hundreds of cattle roaming its ak-studded hills. As you hike some of the 0 miles of trail, you have to step up over tiles in the stock fences. Over its 9,522 cres, the park's elevation ranges from ,600 feet to 2,999 feet. October days are ormally temperate and uncrowded.

'or a short, easy hike you might try the evel 2-mile Hotel Trail/Barn Trail loop 'rom the ranch house nature center. For a steeper climb, head up Hotel Trail 3½ miles to Eagle Lake; the view of rolling 'anchland is worth the effort.

Keep an eye out for rattlesnakes. Bring water for the trail, and check in first at the nature center for maps and updated trail

Fish reporting from wharf to kitchen

W.D.A. STEPHENS

Knife-wielding editor and tail-holding helper fillet a mahimahi

From Seattle to San Diego and ports in between, *Sunset* senior editor Annabel Post covered the waterfront for this month's cover article, *Fish market revolution.*

Visits to fishing wharves, packing houses, and many retail markets up and down the Pacific Coast provided her with an in-depth look at a fast-changing industry.

Close-up research on her subjects—49 different kinds of fish—continued in *Sunset's* test kitchen.

The resulting 14-page report may challenge your notions about buying and cooking fish. For comprehensive guidance in the market and in your kitchen, turn to the article that starts on page 74. □

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details. Pets aren't allowed on trails.

Next to the park, you can rent a horse at Grant Ranch Stables (rates are $7 per hour midweek, $9 per hour weekends and holidays; open 9 to 5 Tuesday through Sunday). Rides through the park are guided; to reserve a horse, call (408) 274-9258.

To get to Grant Park from Interstate 680, exit east on Alum Rock Avenue; turn right on Mount Hamilton Road and follow it up to the park, open for day use.

Two capitals show off new sculpture

Sacramento. Struggling to change its image of government-issue architecture and too-often-artless downtown streets, California's capital city is hosting a six-week paean to sculpture—and hoping some of the outdoor art will remain permanently. Sponsored by the Sacramento Metropolitan Arts Commission, "Sculpture Sacramento" opened September 15 and runs through October 31, with tours, exhibitions, and 10 new works around the city. For a schedule, call (916) 449-5558.

At the Crocker Art Museum, 216 O Street, you can see an exhibition on public art in Sacramento, a light sculpture exhibition, and three monumental works on the museum grounds. The museum is open Tuesday 2 to 10, Wednesday to Sunday 10 to 5; $1 admission. Bus tours of the new sculptures leave the museum at 9 A.M. on October 9 (for details, call 916/446-0943) and October 16 (916/752-8253).

Denver. The Denver Art Museum, 100 W. 14th Avenue Parkway, has just renovated its sculpture garden and installed five new works by Colorado artists. The large-scale pieces—of sandstone, steel, and plastics—follow the contemporary theme set by the six other works in the garden. The museum is open Tuesday through Saturday 10 to 4:30, Sunday 1 to 5; museum admission is $2, garden entry is free.

Flock of folk dancers in Fresno . . . October 23 and 24

In kilts, dirndls, or sombreros, they descend on Fresno each year for the International Folk Dance Festival, and this year it's bigger than ever, with dozens of costumed groups scheduled to perform. Among the folk dances, you'll see the Irish hornpipe and the Mexican *baile de botillo.*

Some 300 dancers from all over California will show off new dance routines and trade techniques; you can watch it all free. Special dance exhibitions will take place at 9:30 P.M. Saturday, October 23, and at 2:30 Sunday, October 24; festival hours are 1 to midnight each day. It will be held at Fresno's Holmes Playground Gymnasium at First and Huntington streets.

Walking tour of Half Moon Bay

On the San Francisco Peninsula coast, there's a fair-weather "window" between summer fogs and winter rains when Half Moon Bay really shines. Now you can combine an autumn beach visit with a

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L.A. to Singapore (35 days): The above ports, plus Brisbane, Great Barrier Reef/Whitsunday Islands, Port Moresby, Bali; from $7,370, including free airfare back to L.A.

L.A. to Hong Kong (44 days): All the above ports, Bangkok (Pattaya) and 3 nights in Hong Kong, plus optional tours to the People's Republic of China; from $9,455, including free airfare back to L.A.

Singapore to L.A. (Mar. 7, 26 days): Bangkok (Pattaya), Hong Kong, Qingdao (China), Kobe, Yokohama, Honolulu, Kona (Hawaii); from $5,750, including free airfare from L.A. to Singapore.

Hong Kong to L.A. (Mar. 16, 17 days): Qingdao, Kobe, Yokohama, Honolulu, Kona; from $3,665, including free airfare from L.A. to Hong Kong.

Trans-Canal or transatlantic—with free airfare!

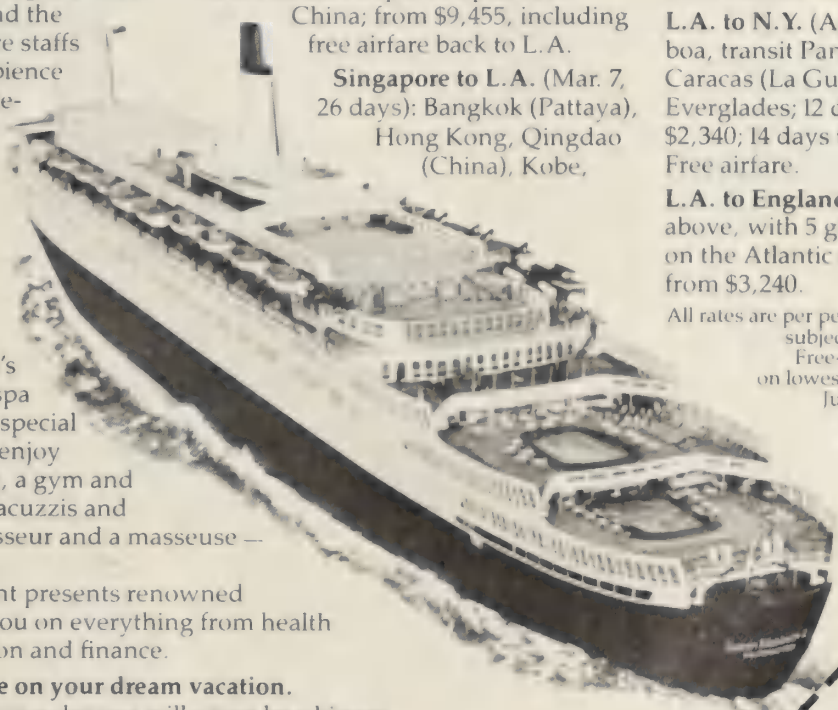
N.Y. to L.A. (Jan. 17): Port Everglades, Curacao, Cartagena, Cristobal, transit Panama Canal, Balboa, Acapulco; 14 days from N.Y., from $2,490; 12 days from Florida, from $2,340. Free airfare.

L.A. to N.Y. (Apr. 2): Acapulco, Balboa, transit Panama Canal, Cristobal, Caracas (La Guaira), St. Thomas, Port Everglades; 12 days to Florida, from $2,340; 14 days to N.Y., from $2,490. Free airfare.

L.A. to England (Apr. 2, 19 days): As above, with 5 glorious days and nights on the Atlantic and a free flight home; from $3,240.

All rates are per person, double occupancy and subject to availability. Free-air offer based on lowest fare in effect as of June 23, 1982.

PAN AM



British Registry

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satour

walking tour of the town itself.

Led by a new guidebook titled *Half Moon Bay Walking Tour,* you follow a 2-mile route through one of San Mateo County's most venerable communities. Settled in the 1840s by Spanish immigrants, the bay town boomed in the mid-1800s as a farming and lumber center. The book identifies 48 historic sites, including houses, churches, and commercial buildings.

The walk starts near the 82-year-old Pilarcitos Creek bridge (reinforced with streetcar cable) and takes you south through downtown and residential areas.

Along Main Street, you'll stroll past the 1863 Estanislao Zaballa House (# 326), the 1905 Mosconi Hotel (# 356). Both structures now quarter businesses. Elsewhere, you'll find well-preserved Queen Anne, Gothic, and Eastlake houses.

While most of route is on foot, you must drive to reach five sites. The entire tour takes about 2 hours. Picnic tables and rest rooms are at Mac Dutra Park, at the corner of Kelly Avenue and Main.

For a copy of the 27-page guide, which includes a map, send $2.35 to the Spanishtown Historical Society, Box 62, Half Moon Bay, Calif. 94019.

Note: You may want to time your visit to miss the crowds of pre-Halloween pumpkin-seekers who pack roads to patches around Half Moon Bay, especially at Pumpkin Festival time (October 16 and 17 this year). The town is 25 miles south of San Francisco off State Highway 1. □

LARRY A. BRA

***Ben Cunha House** (1908), now an antique shop, is an example of Eastlake architecture at 520 Kelly Avenue in Half Moon Bay*

For travel planners, an October 1982 check list

Ride Swiss Glacier Express and ski. Thanks to the new Furka tunnel, year-round rail service connects Zermatt and St. Moritz. Ski one week in either resort, then take a scenic 8-hour train ride to ski at the other. A package costs from $1,574 for tourist-class hotels and two meals a day in resorts, hotel in Zurich, trains, and air fare from L.A. or S.F. Book through your travel agent or write Specific Tours, Box 1997, Newport Beach, Calif. 92663.

Cruising the Hawaiian Islands. The S.S. *Independence* has been joined by a sister ship, the 800-passenger S.S. *Constitution,* offering weekly seven-day cruises. *Constitution* leaves Honolulu on Saturdays, *Independence* on Sundays; ships sail in opposite directions and stop at four islands. Cruise prices range from $845 to $2,125, special air-sea supplement is available. Ask your travel agent or call American Hawaii Cruises, (800) 227-3666 in the U.S., (800) 622-0666 in California.

Photograph and study nature. Accompanied by a professional photographer and naturalist, small groups visit scenic places in the U.S. and abroad. A five-day trip to Death Valley, November 29 to December 3, costs $285 for instruction, meals, and camping fees; bring your own tent. Future trips include Peru, Thailand, Scotland. Write to Focus on Nature, 5570 Inverness Ave., Santa Rosa, Calif. 95404, or call (707) 584-5154.

Self-drive Portugal vacation. For seven nights or more, drive between government-owned *pousadas* (inns), some in old palaces and castles. Package plan, including lodging, breakfasts, and compact car with unlimited mileage, costs $27 to $43 per person a day, depending on season and class of pousada. Gas costs $3.50 a gallon. Ask your travel agent for an Extra-Value Travel brochure, or call (800) 223-1980.

Youth hostels in Australia. About 120 hostels—rustic shelters to comfortable inns—invite members of any hostel association for overnight stays for $3 to $6; bring sheets and carry membership card. American Youth Hostel Association is at 1332 I St. N.W., Washington, D.C. 20005; $14 a year for over 18, $7 for under 18. For a handbook on Australian hostels, write to the Australian Tourist Commission, 3550 Wilshire Blvd., Suite 1740, Los Angeles 90010.

What a travel agent can do for you: Provide information on tours; help you plan a trip; reserve space on air, rail, bus, and ship lines; make hotel, ranch, and resort reservations. Travel agents usually do all this without charge, but they do charge for "custom" tour service.

Schools

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Index of Directories

School and Camp Directory is the first of five Directories which appear regularly in each issue of SUNSET Magazine. The other four Directories are:

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beginning page 8

GARDEN CENTER
beginning page 251

WESTERN GROCERY DIRECTORY
beginning page 204

SHOPPING CENTER
beginning page 254

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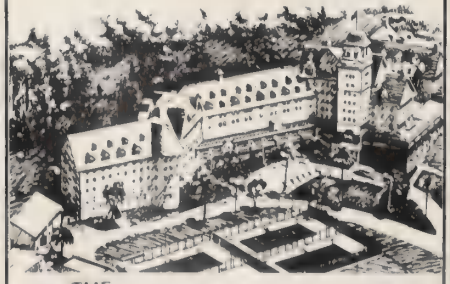

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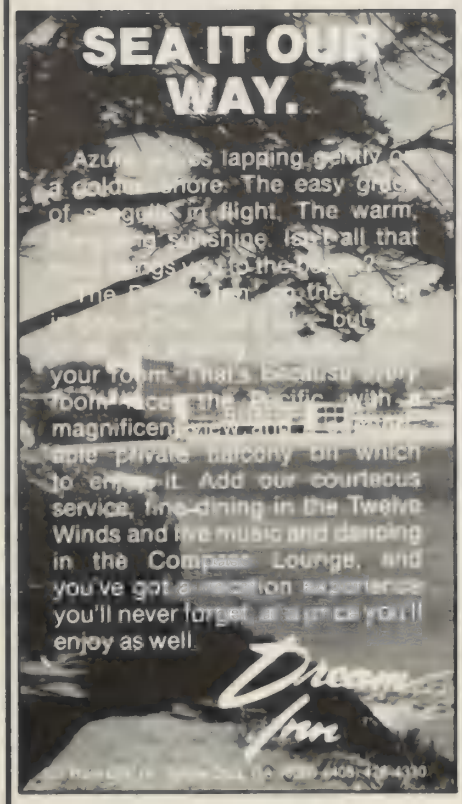

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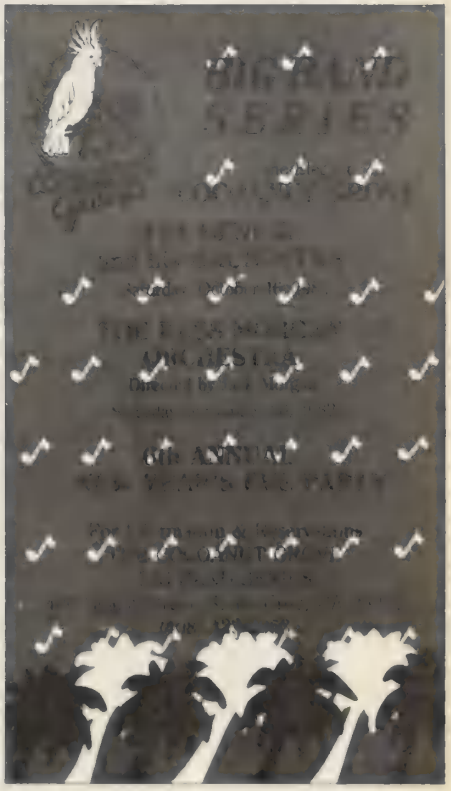

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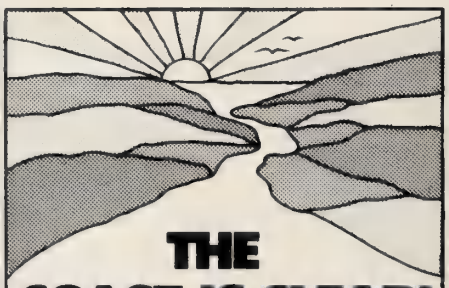

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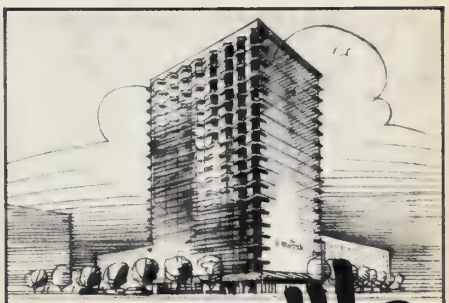

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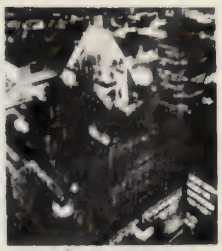

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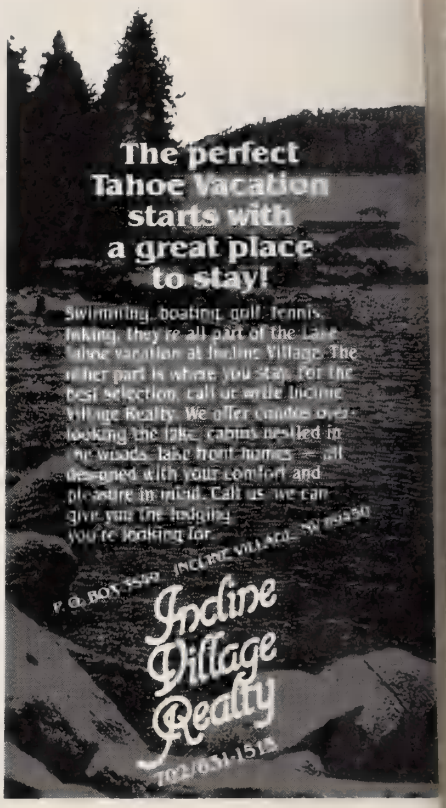

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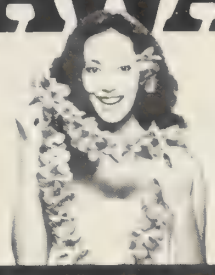

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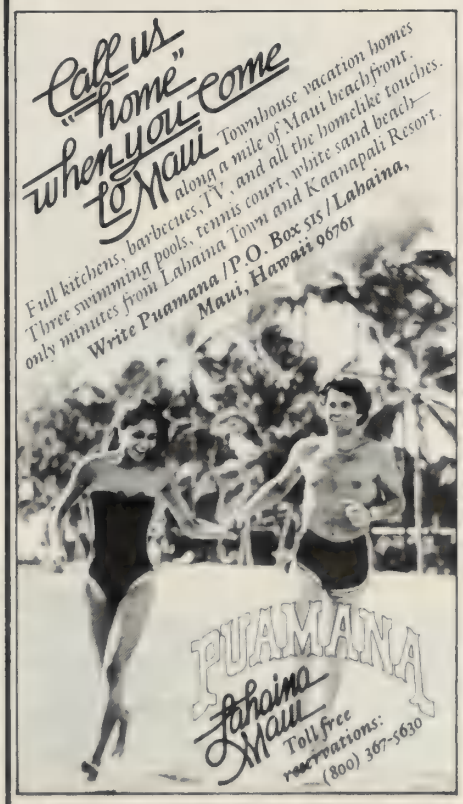

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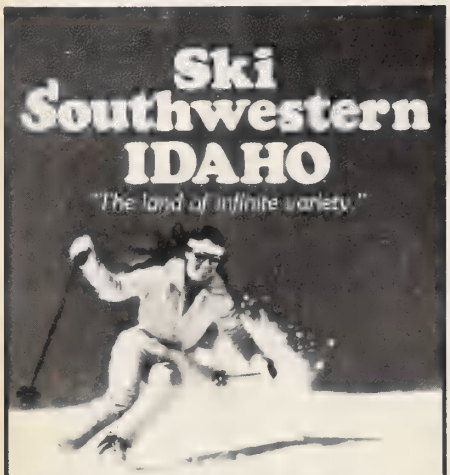

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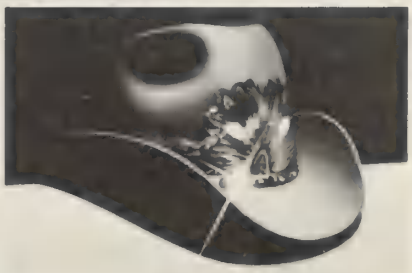

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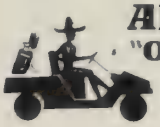

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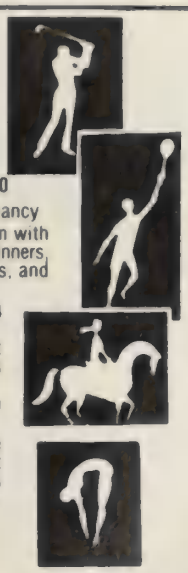

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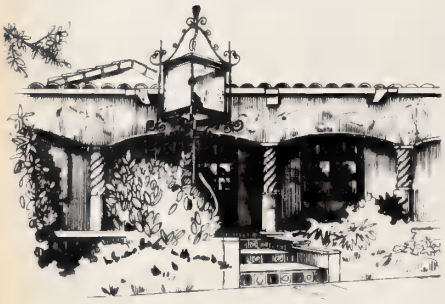

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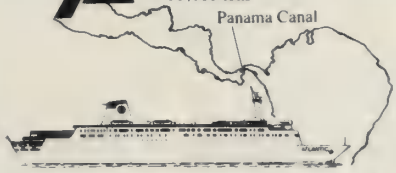

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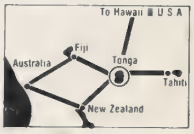

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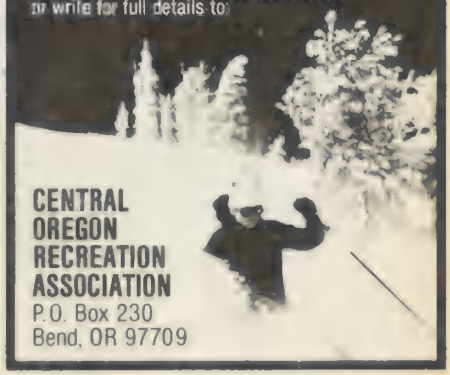

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What we'll do without the cable cars

The long-awaited rehabilitation of San Francisco's 109-year-old cable car lines should begin this month. Shutdown of the 10-mile system in the heart of town was scheduled for September 22, and street work could start as early as mid-October. How will it affect residents and workers in the construction areas and visitors trying to reach tourist spots?

"We'll try to make it as painless as possible, but surgery always hurts. It's necessary, however, if we're going to save this patient," comments Richard Sklar, general manager of the San Francisco Public Utilities Commission, the project's sponsoring agency. Additional Municipal Railway (Muni) buses, construction and alternate-route signs, and double-decker buses to Fisherman's Wharf will help.

A construction scenario

The cars hauled more than 12 million passengers annually, often bursting with three times their seating capacity. Breakdowns were frequent; cables frayed, tracks were out of alignment, beams and pulleys were worn. And just one 750-horsepower engine powered the cable that ran all the lines, moving cars at 9½ miles per hour. Re-engineering of cables, rails, and machinery is needed to overhaul the system; cars will get minor work.

Construction is scheduled to take 20 months at a cost of $58.2 million ($10 million private funding, $3.6 million state, $44.6 million federal). Work is divided into the car barn section and six street sections; street sections will be done in two-block segments, with each block taking 10 to 12 weeks.

Signs with the program logo (see above) and transit alternatives will go up along the cable car lines; for a construction schedule, call (415) 861-3649.

During the holiday shopping season (Thanksgiving to January 1), construction will halt in the Union Square area, as it will in Chinatown during Chinese New Year's festivities in February. The area near the car barn (Powell to Taylor and Washington to Jackson streets) will probably be, according to project manager P. Clay Baldwin, "the hardest-to-do, messiest section."

Getting around

Muni bus lines 58 Leavenworth and 30 Stockton are expected to get much of the traffic; on seven other routes, buses will be added. Fare is 60 cents (exact change required), and buses run daily 6 to midnight; for more information, call (415) 673-6864.

Gray Line will run English-style double-decker buses on five routes to Fisherman's Wharf and other tourist areas from 8 A.M. to 10 P.M. daily; fare is $1. They'll serve motels, hotels, and Embarcadero Center, Moscone Center, Union Square, Chinatown, Portsmouth Square, and North Beach. Call (415) 771-4000 for details.

You can still view and photograph actual cable cars; if shutdown occurs as scheduled, they should be on display later this month at the Hyatt on Union Square, at the foot of Market Street, and near Hyde Street Pier. A temporary home for the car barn's museum display was being sought at our press time; for more information, call (415) 626-5500.

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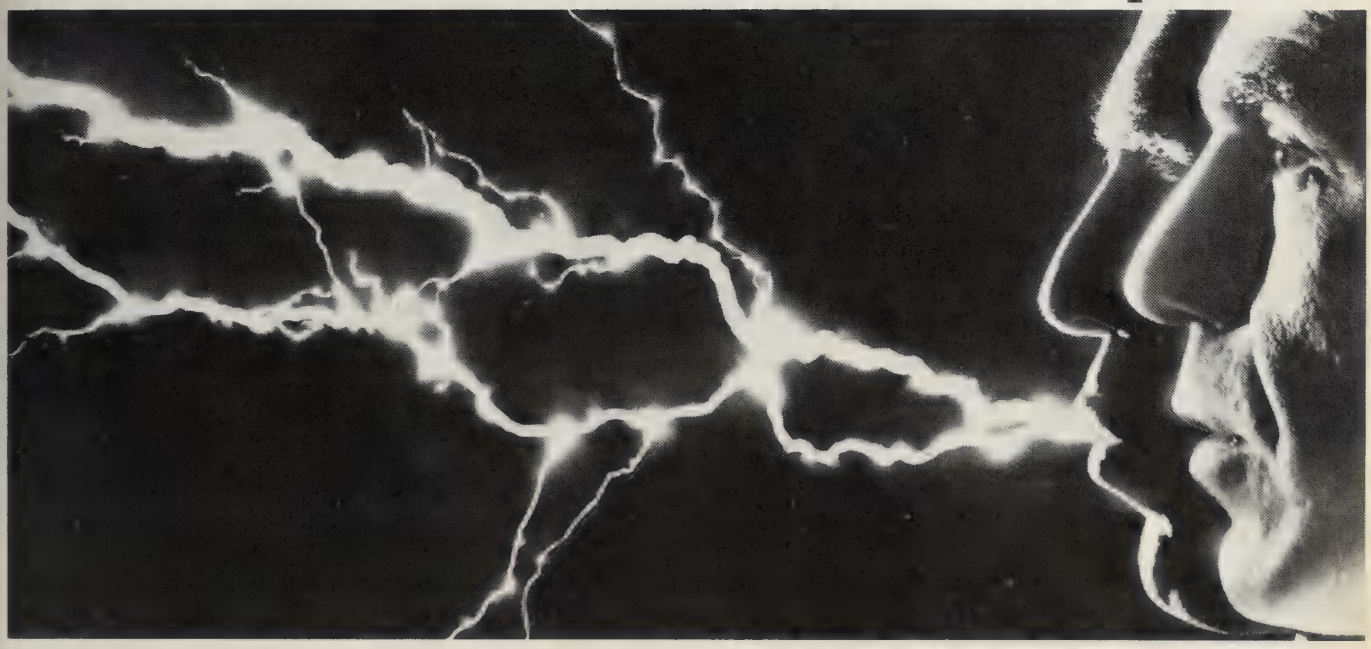

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W. D. A. STEPHENS

***Delta angler** beams at 3½-pound striper caught on plug in Sacramento River near Rio Vista. Guide from Delta Fish Finders holds net*

Striped bass . . . prize of the Bay and Delta

Premier game fish of San Francisco Bay and the Sacramento - San Joaquin Delta, the striped bass has been swimming in troubled waters. While some biologists and sportfishermen fear for the striper's very survival, recent state and private conservation efforts point to a brighter future.

October is the prime month to introduce yourself to this fish. Fall angling is traditionally best as stripers migrate into the Bay and Delta. Weather is mild, with days normally fog-free. It's easy to join in the action from partyboats and piers around the Bay and from small craft and levee banks in the Delta. Prized for their fighting ability and tasty flesh, bass weighing 5 to 10 pounds are commonly caught now, with lunkers running 20 to 30 pounds.

Here's a report on the striper's struggle to survive, your sportfishing opportunities, and the role you can play in conserving this valuable resource.

A striper's life. Seven or eight horizontal black stripes lining its silvery flanks account for its common name. The striped bass (*Morone saxatilis*) spends part of its life cycle in fresh water, part in brackish or salt water.

Natives of the Atlantic Ocean, the first striped bass to swim in California rode West by rail in 1879. Other plantings were made in the 1880s. Stripers took hold.

Though stripers have been successfully introduced into inland lakes (especially Powell, Mead, and Havasu along the Colorado River), nowhere have they gained more ardent anglers—and defenders—than in the Bay-Delta region.

In October and November, they enter the Bay on their migration to the fresh-water Delta. They overwinter there, then spawn in spring before returning to the Bay or the Pacific.

Getting in on the action. On the Bay, a trip aboard a partyboat is probably your best introduction to striper fishing. Most boats leave the dock at 6 or 7 A.M. with 20 or more anglers and return around 3 or 4 P.M. Expect to pay $30 (some operators charge $15, $20, or $25 for youngsters). Live bait is supplied; bring your own tackle, or rent a rod and reel. Many boats sell beverages and snacks—or take a picnic in a cooler. Mates will clue you in on techniques, help you land your fish, and clean it later. If the stripers aren't biting, you may try for "potluck"—a mixed bag of rockfish.

More than a dozen partyboat operators around the Bay run fall bass trips. Scan

(Continued on page 25)

***Bay partyboat angler** hefts his prize. Below, two popular lures: lead-headed "bugeye" jig with feathers, deep-running plastic plug with three treble hooks*

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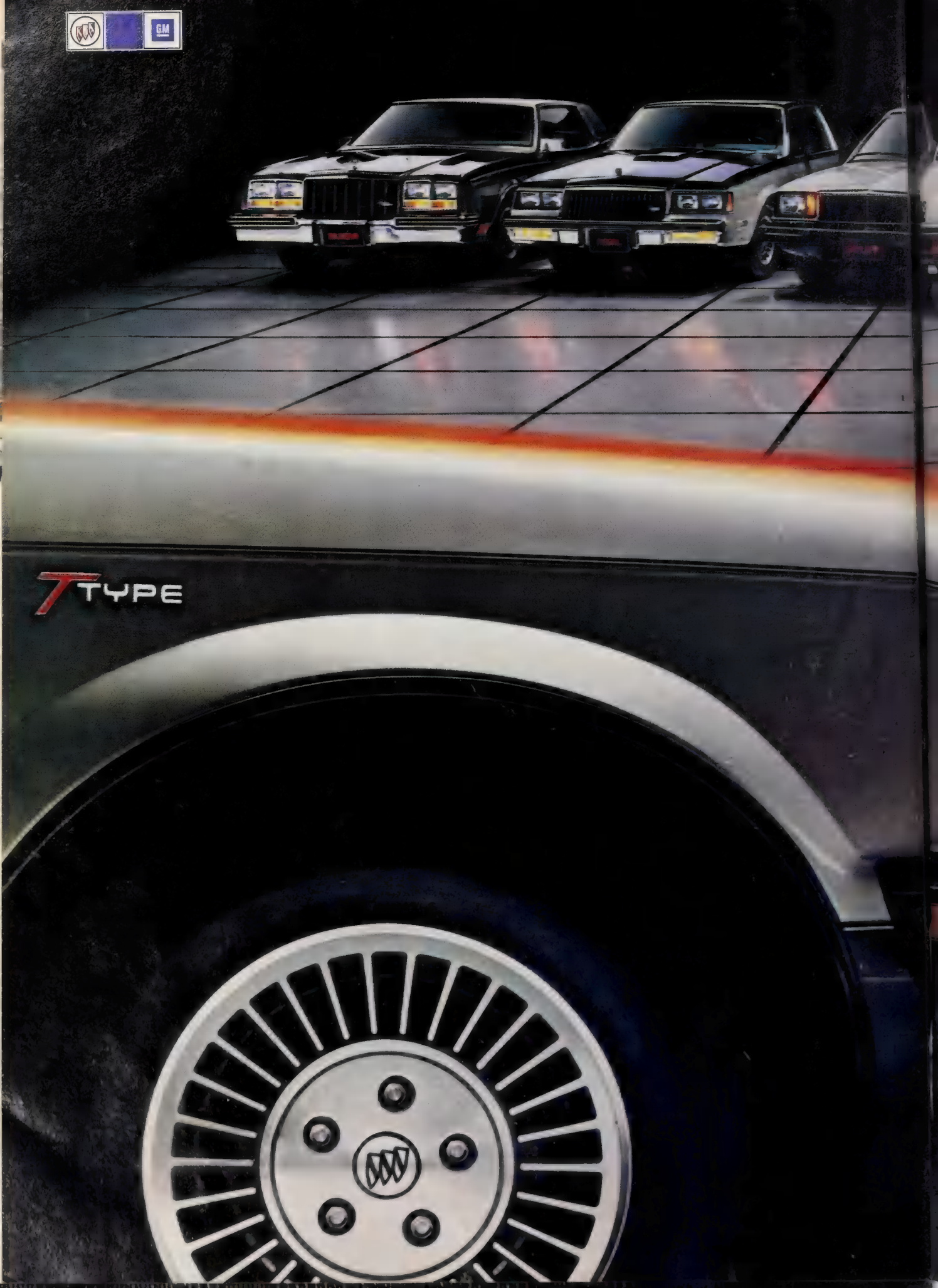
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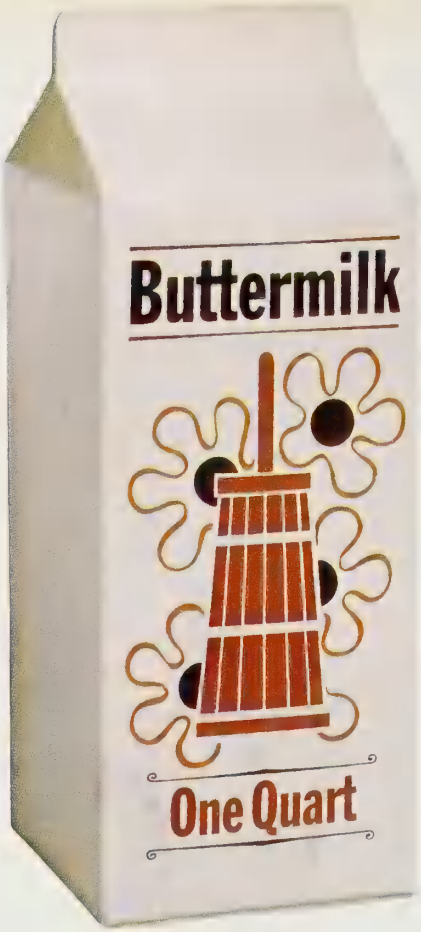

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the yellow pages under Fishing Parties in directories for San Francisco, Marin County, and Oakland. In directory advertisements, look for these key words: "Live bait bass" or "Bass drifting." Boats operate out of Fisherman's Wharf and nearby piers in San Francisco, the Sausalito boat harbor, and the Berkeley and Emeryville marinas. (Charter boats that carry smaller groups of anglers are also available at higher rates.)

On Delta waterways, guides can lead you to productive spots, where trolling with lures and still-fishing with bait are preferred methods. For recommended guides, ask at area tackle shops and marinas. Rates run $100 a day and up for two anglers.

Outfitting yourself. A 6- to 8-foot-long spinning or bait-casting rod is fine for most situations. For a spinning rod, a bailer-type reeler is a must. For casting rods, you'll need a level-wind reel with adjustable drag. Load up with 17- to 20-pound-test line.

Popular bait hook sizes are 1/0 and 2/0. For live bait, anglers prefer short-shank 2/0 to 4/0 hooks. Many tackle shops and some partyboat operators sell prepared striped bass rigs, including hook, swivel, and heavy-test leader.

Where tides or strong currents are a factor, sinkers are essential for keeping the bait close to the bottom where fish feed. Take along a variety of weights.

Baits and lures. Favorite striper baits vary around the Bay. Popular live baits are anchovies, threadfin shad, shiner perch, grass and ghost shrimp, and pileworms.

In the Delta, proven baits include cut sardines and shad. Trolling lures that score include deep-running plastic plugs that resemble baitfish, plus lead-headed "bug-eye" jigs. Ask at local tackle shops for styles and colors that produce.

Where to go on your own. For hot spots, consult bait shops and fishing reports in local newspapers. Striper action is usually best on the changing tide, so a tide table can help you schedule your trip. Veteran Bay boat fishermen usually find fall fish at Golden Gate Bridge (south tower), around Alcatraz and Treasure Island, in Raccoon Strait, and in San Pablo Bay. Shore anglers might try the piers at China Camp State Park, Fort Point, Point Pinole, and Berkeley.

In the Delta, the Sacramento River near Rio Vista and Franks Tract are favorite spots for boat anglers. The turning basin of the Port of Stockton is popular with bank fishermen.

If you keep your catch, see page 86 for recipe suggestions. But if hooking and playing a striped bass are reward enough, consider the quick and gentle release of your fish. You'll help ensure its survival.

Big problems, partial solutions. Around the turn of the century, commercial fishermen were catching a million pounds of striped bass each year in the Bay and

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Delta. By 1935 the catch had dwindled, and commercial fishing for stripers was banned. Since then, the fish has faced a discouraging upstream swim to reestablish its former numbers.

When the Peripheral Canal was voted down in June, many worried anglers were relieved. But the striped bass is still plagued by serious problems, including water pollution and the effects of pumping Delta water.

At a pair of Pacific Gas & Electric Company power plants in Contra Costa County, millions of young bass are killed each year when they are sucked into cooling-water intakes. This past summer, the utility announced that it had begun studying measures to cut the fish kill rate at those plants by at least 80 percent.

Pumping by the State Water Project's California Aqueduct and the federal Central Valley Project's Delta-Mendota Canal impact the bass in two ways. In certain Delta waterways, "reverse flows" caused by the pumping confuse migrating fish, reducing the spawn. And millions of juvenile fish are killed each year when they run into the projects' pumping intakes near Tracy. The California Department of Fish and Game has been studying the problems and trying ways to reduce the kill for more than a decade. But so far, protective fish screens have proven only partly effective and stripers continue to perish in great numbers.

Stocking program, hatchery visit. To bolster the declining bass population, the first stocking of stripers in this century was done in 1981. This year, 90,000 more fish were stocked.

Fish for stocking are raised at the state's Central Valley Hatchery in Elk Grove, south of Sacramento. Between 8 and 4 daily, visitors can see thousands of small stripers (for release next year) swimming in rearing tanks. From State 99, take the Elk Grove exit east; turn left on Elk Grove-Florin Road to the hatchery on your left.

New limits, striped bass stamp. The daily bag limit has been cut from three to two fish, and the minimum legal length raised from 16 to 18 inches.

Anglers 18 and over need a California fishing license ($6.25 annually for residents), an inland waters license stamp ($2.50), and the new striped bass stamp ($3.50; funds go to enhance fishery).

Some stripers wear small round metal tags; if you catch one that does, return the tag to the Department of Fish and Game, 1416 Ninth St., Sacramento 95814. You'll receive a commendation card, perhaps a small cash reward, and the satisfaction of helping monitor stripers.

One private group devoted to the conservation of the species is the California Striped Bass Association, which publishes a newsletter with fishing tips. Membership is $15 the first year, then $12. Write to Box 7922, Stockton 95207.

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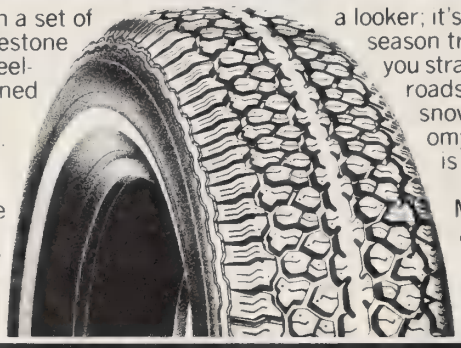

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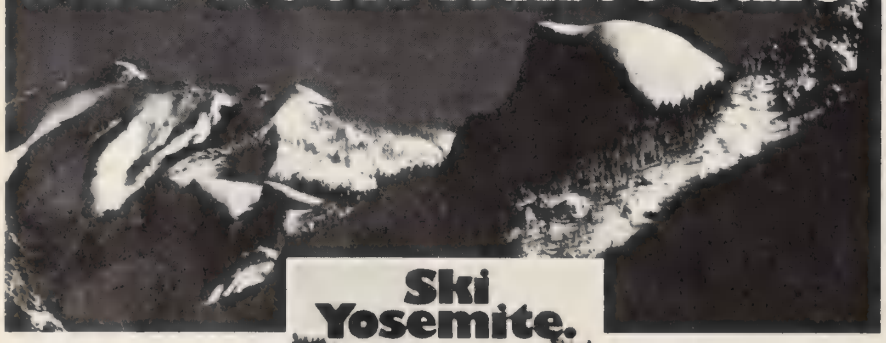

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***French Renaissance landmark** in Auckland, restored Custom House draws visitors to its theater, bookstore, restaurant, craft display.*

Auckland's old Custom House

In downtown Auckland, New Zealand, as in bustling Northern Hemisphere cities, historic old buildings often come down to make room for undistinguished new ones. By 1973, Auckland's old Custom House, built in 1888, was ready to join the ghosts. It was vacant, its usefulness seemingly outrun; over the years, even its waterfrontage had been filled in.

But last January, after an extensive restoration, the French Renaissance-style building reopened as a retail, entertainment, and cultural center. Its white stone front and ornate plaster and wood-paneled interior re-create the building's original elegance. Now, all day every day, activities there draw Aucklanders downtown.

Visitors are also welcome to browse in the bookstore in the old Department of Weights and Measures, or attend plays or noontime concerts in the 300-seat Longroom Theatre in the former main customs office. Potters, glass blowers, weavers, and other local artists often give demonstrations and display and sell their works. A natural foods store, restaurant, cafe, and coffee bar are open morning to night.

In addition, there are programs geared to children and seminars on subjects ranging from cooking to buying a negative ion generator. To check out current activities, stop just inside the main entrance at the booking office, which also handles tickets for other city attractions.

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RUSS A. WIDSTRAN

Graphic images cross screen in Long Beach Museum's video exhibition

Here comes video art

Video exhibitions—formal screenings of works by video artists—are nudging their way into art galleries, museums, and other exhibition spaces throughout the West. This month, the Long Beach Museum of Art, a recognized leader in the field, is exhibiting works by three artists. And from October 14 to 24, more than 50 artists' works can be seen during the third annual San Francisco Video Festival.

A video exhibition consists, at the very least, of a television screen in some sort of viewing room. Some exhibitions, however, incorporate live music, dance, complementary sculptures, or the setting itself. The content can range from educational to existential, from documentary to parody.

In Long Beach. The three works at the Long Beach Museum of Art continue an eight-year effort to make video art a major component of the museum's exhibitions. Featured are John Arvanites' 1982 *American Male,* a 28-minute narrative on the thoughts of two traveling lovers; Dan Reeves' 1981 *Smothering Dreams,* a 23-minute reflection on one man's experiences in Vietnam; and Bill Viola's 1981 *Hatsu Yume,* a 55-minute dream meditation. Each is shown separately, with 5-minute intermissions. Admission is free.

The exhibition, which began September 12, can be seen from noon to 5, Wednesday through Sunday, through October 31. The museum is located at 2300 E. Ocean Boulevard in Long Beach. For more details, call (213) 439-2119.

In San Francisco. The 10-day festival here will take place in some 10 viewing locations throughout the city. Many screenings are free. For a listing of times and places, write or call SFVF, 229 Courtland St., San Francisco 94110; (415) 641-9207.

You can also see free video screenings every Sunday night at 8 at Video Free America, 442 Shotwell St., San Francisco 94110. Call (415) 648-9040.

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SUSAN BIDDL

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Mining treasures in Denver

One of the oldest museums in the state, the Denver Museum of Natural History is going through an era of change. A big part of that change is the newly renovated Coors Hall of Minerals, reopened last January. Among the 2,000 specimens on display is a wide-ranging collection of minerals found in Colorado, including those prized by the third biggest industry in the state—mining.

Highlighting a gleaming display of gold are the largest nugget unearthed in Colorado and "Tom's Baby"—an 8½-pound chunk of crystalline gold. Other specimens range from metallic elements such as molybdenum to gemstones like topaz. Glowing beneath ultraviolet light is an exhibit of fluorescent minerals.

Besides its impressive dioramas, American Indian artifacts, and dinosaur displays, the DMNH also offers an expanded field study program (from rafting the Dolores to hiking in Yucatán).

The museum is in City Park just off Colorado and Montview boulevards. It's open 9 to 5:30 daily. The museum will charge a nominal admission fee, not yet set at our press time. □

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JERRY FREDRICK

***The cow was king here once,** and Santa Ynez Valley Winery is still an active dairy, but vineyards now surround Holsteins' home; it's typical of ranch-to-winery trend in the region*

Paso Robles to Santa Barbara, cattle country becomes wine country

Hidden in the valleys and canyons that branch off U.S. Highway 101 like shoots off a vine, an important new wine region is emerging in the midlands between San Francisco and Los Angeles. The South Central Coast wine country stretches for 130 miles from San Miguel south to Santa Barbara, in an area once a stronghold of cattle and horse ranching but now the scene of an explosion of wineries.

Over two dozen have sprouted in less than 10 years, and a visit will take you onto unpeopled back roads and through quiet hills. You'll come across an almost equal share of heavyweights and bantams—big wineries with fancy visitor setups and one-man operations in one-room facilities.

Large or small, these wineries are producing a wide range of quality wines. The bustle of harvest is often the most exciting time to visit a winery—but some small operations ask you to call ahead.

Mission fathers and microclimates

The padres began the tradition of grape growing and winemaking in the valleys. Mission San Miguel made the first wine in the early 1800s, and the Santa Barbara mission had a small vineyard.

But large-scale winemaking in San Luis Obispo and Santa Barbara counties happened only recently. "In 1970 there were less than 1,000 acres planted in wine grapes in the two counties," explains Agriculture Commissioner Graydon Hall. "Now there are 15,000." Relatively cheap land, good soil, and amenable weather contributed, but the real impetus was the surprising results from test plantings done in the late '60s by the University of California's Cooperative Extension.

Farm Advisor Jack Foott, who initiated those early tests, says that "everything popped loose when we discovered how many prime varieties could thrive here—this used to be considered strictly Zinfandel country."

Topography is a key element. Elevations range from 250 to 2,000 feet; valleys run generally east to west, so summer coastal fogs can flow in to temper the heat. But the region offers microclimates, everything from Region I weather (favoring cool-climate varieties like Pinot Noir and Chardonnay) to Region III (favoring warmth lovers like Zinfandel and Cabernet Sauvignon).

Rainfall varies from 35 inches annually at York Mountain to 13 at Santa Ynez Valley. Yet many vineyards here are "dry farmed"—they use no irrigation. This generally produces a lower yield but can intensify varietal character. Primary varieties in Santa Barbara County are White Riesling, Chardonnay, Gewürztraminer, and Cabernet Sauvignon. In San Luis Obispo County, they are Zinfandel, Cabernet Sauvignon, and Sauvignon Blanc.

Sampling the region

Much of the landscape is rural—Thoroughbred horses gambol on hillsides, cattle and alfalfa fields dot the valleys. Evidence of how ranching is giving ground is seen in the many barns converted to wineries. The two worlds coexist at Santa Ynez Valley Winery, where each day a

23 wineries open for tasting, some also for tours

***Winemaking begins** at the mechanical crusher-stemmer at Hoffman Mountain Ranch. At tiny Chamisal (right), basket press extracts the juice*

DARROW M. WATT

***Owner Katherine Firestone,** holding ripe Pinot Noir grapes, sometimes leads in-field tours at the Firestone Vineyard*

TO SAN FRANCISCO
Ranchita Oaks Winery
SAN MIGUEL
Caparone Winery
HMR (Hoffman Mountain Ranch)
Estrella River Winery
Old Casteel Vineyards
PASO ROBLES
Mastantuono Winery
Pesenti Winery
TEMPLETON
46
York Mountain Winery
Las Tablas Winery
ATASCADERO
41
101
SAN LUIS OBISPO
227
Edna Valley Vineyard
Chamisal Vineyard
Lawrence Winery
PISMO BEACH
1
166
SANTA MARIA
Los Viñeros Winery
176
SISQUOC
Rancho Sisquoc Winery
Los Alamos Vineyards
LOS ALAMOS
Zaca Mesa Winery
135
The Firestone Vineyard
Ballard Canyon Winery
LOS OLIVOS
LOMPOC
246
Ross-Keller Winery
J. Carey Cellars
BUELLTON
SOLVANG
SANTA YNEZ
Vega Vineyards
Santa Ynez Valley Winery
154
101
Santa Barbara Winery
SANTA BARBARA
TO LOS ANGELES

JERRY FREDRICK

***It all started here:** at Mission San Miguel, built in 1797, padres first made wine in stone vats. Mission is open 10 to 5 daily*

***Wine Cask shop** in Santa Barbara offers case sales and by-the-glass tasting (small fee) of large selection of local labels*

***A mid-tour stop** at Shell Beach near San Luis Obispo gives visitors a chance to compare wines from nearby wineries*

DARROW M. WATT

small dairy herd trots from its pasture to a barn now surrounded by vineyards.

Outside of San Luis Obispo, Solvang, and Santa Barbara, you'll find fewer offerings in the way of shopping, dining, and accommodations. But you can pick up picnic supplies at any town and stop at one of the many tiny parks along the way.

Morro Bay State Park is close to the Templeton cluster of wineries. Near San Luis Obispo, Pismo, Shell, and Avila beach parks are handy to the Edna Valley wineries. Just off State Highway 135 in Santa Maria is tree-shaded Waller County Park with a duck pond.

Nojoqui Falls County Park near Solvang has tables and hiking trails. Cachuma County Park above Santa Ynez offers lakeside picnic tables and boat rentals. Santa Barbara has three beach parks with picnic areas.

It would take days to visit all the wineries on our list. One way to see a variety is to sample "mini-regions" in the main valleys. In the Paso Robles area, for example, a cluster of wineries tempt the visitor; three especially merit detours. York Mountain, one of the earliest in the area, has a tiny brick tasting room filled with antiques; HMR (Hoffman Mountain Ranch) and Estrella River are each stunningly sited and produce acclaimed wines.

Outside of San Luis Obispo, you can easily stop by the three wineries of the Edna Valley in a short day's loop, then head for a beach picnic. At Edna Valley Vineyard, you can tour cool underground cellars; tiny Chamisal (3,000 cases), run by a single family, is open by appointment only but worth the effort; giant Lawrence Winery (135,000 cases) is worth a stop to watch a large-scale operation.

East of State 176 is the tiny Rancho Sisquoc Winery, noted for its landmark steepled church west of the vineyard. Farther south on Foxen Canyon Road is Zaca Mesa Winery, with a new tasting room. From U.S. 101, take the Zaca Station Road exit and you'll drive through oak-studded cattle lands and by the impressive Firestone Vineyard.

In the south, you could take State 246 east off U.S. 101 into Santa Ynez; plan a stop at the mission, pick up deli supplies in Solvang, then loop through golden hills to Santa Ynez Valley, Ballard Canyon, and J. Carey wineries.

To get a map of the area's wineries, send $2 to California Central Coast Wine Growers Association, 1000 E. Betteravia Rd., Santa Maria, Calif. 93454.

Here are 23 wineries open to the public (more are not yet open for tasting), listed south from San Miguel; 8 have picnic facilities, 11 ask that you call ahead for tours or tasting.

SAN LUIS OBISPO COUNTY

Ranchita Oaks, at Cross Canyons and Ranchita Canyon roads, San Miguel. For tasting and tours, call (805) 467-3422. Picnic tables. Small production of Petite Sirah, Zinfandel, Cabernet Sauvignon, Chardonnay.

Caparone, San Marcos Road, 3 miles west of U.S. 101, Paso Robles. For tours and tasting, call (805) 467-3827. New winery produces Cabernet Sauvignon, Merlot.

HMR (Hoffman Mountain Ranch), tasting room at 24th Street just off U.S. 101, Paso Robles. Open 11 to 5 daily; for winery tours, call (805) 238-4945. The Hoffman family was the first of the "new generation" of wine newcomers to this area and first in the county to plant French varietals. Estate-bottled Chardonnay, Cabernet Sauvignon, Pinot Noir, others.

Estrella River, 7 miles east of U.S. 101 on State 46, Paso Robles. Tasting and tours 10 to 4 daily; gift shop. Picnic area and viewing tower overlook sweep of vineyards. Cabernet Sauvignon, Chardonnay, French Syrah, others.

Old Casteel, Jensen Road off Vineyard Drive, Paso Robles. Tasting by appointment; call (805) 239-0860. Zinfandel, Grenache.

Mastantuono, Route 1, 101 Willow Creek Road, Paso Robles. For sales and weekend tours, call (805) 238-1078. Owner Pasquale Mastan makes a limited bottling of Zinfandel in a converted barn.

York Mountain, on York Mountain Road off State 46, Templeton. Tasting 10 to 5 daily; for tours, call (805) 238-3925. Brick tasting room was a winery at the turn of the century;

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Merlot, Pinot Noir, Riesling, more.

Pesenti, 2900 Vineyard Drive, Templeton. Tasting and tours 8 to 6 Monday through Saturday; small gift shop. Longtime local winemaker; premium and jug wines.

Las Tablas, on Winery Road off Vineyard Drive, Templeton. Tasting 9 to 5 daily. Region's oldest winery; Zinfandel, generics.

Edna Valley, Biddle Ranch Road east of State 227, San Luis Obispo. For tours, call (805) 544-9594. Chardonnay and Pinot Noir produced by traditional Burgundian method in underground cellars.

Chamisal, Orcutt Road, San Luis Obispo. For tours, call (805) 544-3576. The Goss family makes a limited amount of estate-bottled Chardonnay each year.

Lawrence, Corbett Canyon Road east of State 227, San Luis Obispo. Tasting and tours Monday through Saturday 10 to 4, Sunday noon to 4; picnic tables in alcoves of big Spanish-style building. Largest of the South Central Coast wineries; several varieties, Chardonnay to Zinfandel.

SANTA BARBARA COUNTY

Los Viñeros, 618 Hanson Way, Santa Maria. Tasting 10 to 4 weekdays; for tours and weekend tasting, call (805) 928-5917. Chardonnay, Chenin Blanc, Sauvignon Blanc.

Rancho Sisquoc, 4 miles east of end of State 176 on Foxen Canyon Road, Santa Maria. Tasting and tours 10 to 4 Monday through Saturday; picnic tables. Tucked behind white steepled Foxen Chapel; Cabernet Sauvignon, Sauvignon Blanc, Riesling, others.

Los Alamos (Hale Cellars), 4 miles west of Los Alamos on State 135. For tasting and tours, call (805) 344-2391. Mary Vigoroso works out of a converted dairy barn; Cabernet Sauvignon, Gamay Beaujolais.

Zaca Mesa, on Foxen Canyon Road north of Firestone, Los Olivos. Tasting and tours 10 to 4 daily, picnic tables. Expanded winery and tasting room just opened this summer; Cabernet Sauvignon, Chardonnay, Pinot Noir, others.

Firestone, on Zaca Station Road 2½ miles east of U.S. 101, Los Olivos. Tasting and tours Monday through Saturday 10 to 4; picnic tables. Attractive big winery set on a hilltop; Cabernet Sauvignon, Pinot Noir, Gewürztraminer, others.

Ross-Keller, 900 McMurray Road, Buellton. Tasting and tours 11 to 5 daily. New winery makes Chardonnay, Riesling, others.

Ballard Canyon, 1825 Ballard Canyon Road, Solvang. Tasting and tours daily 10 to 4; picnic tables under oaks. Next to cattle ranch, rolling hills; Cabernet Sauvignon, Muscat, Johannisberg Riesling.

J. Carey Cellars, 1711 Alamo Pintado Road, Solvang. Tasting and tours Tuesday through Sunday 10 to 4; picnic tables. Housed in a big red barn; offers estate-bottled Cabernet Sauvignon, Merlot, Sauvignon Blanc, others.

Santa Ynez Valley, 365 N. Refugio Road, Santa Ynez. Tasting and tours 11 to 4 weekends. Tasting room overlooks sweeping valley; Blanc de Cabernet, Chardonnay, Sauvignon Blanc, more.

Vega Vineyards, 9496 Santa Rosa Road, Buellton. Tours and tasting 10 to 5 daily. Jeri and Bill Mosby make Gewürztraminer, Pinot Noir, and White Riesling in a complex that includes an 1853 adobe farmhouse.

Santa Barbara, 202 Anacapa Street, Santa Barbara. Tasting and tours 9:30 to 5 daily; gift shop. Grapes grown in Santa Ynez Valley; Chenin Blanc, Johannisberg Riesling, Cabernet Sauvignon, others. □

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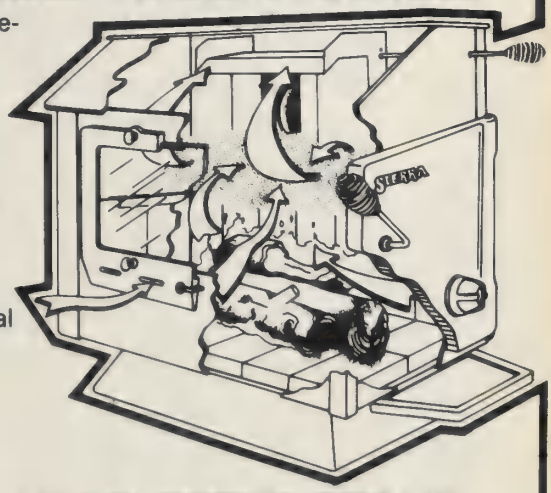

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Occupants of Hotels/Motels In the City of San Diego from April 1, 1981 Through December 15, 1981.

The San Diego Superior Court has held that the Transient Occupancy Tax of eight percent (8%) of the rent collected by hotels/motels as required by the City of San Diego from April 1, 1981 through December 15, 1981 should have been at the rate of six percent (6%).

If you were a tenant of a hotel/motel in the City of San Diego on any date beginning on April 1, 1981 to and including December 15, 1981 and were charged the Transient Occupancy Tax at the rate of eight percent (8%) by the hotel/motel you may be entitled to a refund in the amount of two percent (2%) of the rent charged.

To receive a refund a written, signed request must be filed with the City of San Diego containing the following:

1. Name and address of claimant.
2. The hotel/motel bill (or a copy) evidencing payment of the eight percent (8%) tax during the period April 1, 1981 through December 15, 1981.

Where the hotel/motel bill is unavailable, include the name and address of the hotel/motel, dates of occupancy and amount of rent and tax paid. Include any documentation available. Claims without hotel/motel bill may not be honored without verification by the City which may cause substantial delay.

No claims for amounts less than one dollar ($1.00) will be refunded. Claims must be received by the City no later than July 27, 1983. All claims are subject to verification.

Send the claim and supporting documentation to: City Treasurer, Attn. Alberta Hall, P.O. Box 2289, San Diego, California 92112.

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JOHN BAUGUES

***Prehistoric cave** site is only 25 feet wide, 6 feet high, about 14 feet deep*

Where Indians camped near Bend

Ten thousand years ago, Indian hunters in central Oregon camped in a cave near the Deschutes River. The cave was used intermittently until white settlers entered Oregon in the 1850s.

Inadvertently discovered by two students in January 1981, the cave was kept secret by its finders and the Forest Service until the contents were scientifically excavated and removed by archeologists. Among the artifacts found were large, beautifully shaped obsidian spear points, arrowheads, scraping tools, and pounding stones for dressing game. Evidence indicates that meat was cooked.

Visitors to Bend will find the 1/10-mile hike to the cave a pleasant and edifying experience. From the parking area, the trail follows the Deschutes River downstream through ponderosa pine, sage, and manzanita. Large boulders and lava outcroppings are fun to clamber on, and deep, quiet pools in the river invite a dip (but take care: beyond the still water the river is swift and white). There are many spots to picnic.

Once at the cave, you'll find only the small, shallow opening pictured above. While all the artifacts have been taken out, it's pleasant to explore or sit quietly and look out at the arid land—virtually unchanged for the last 10 millennia.

To reach the cave, follow Cascade Lakes Highway 7 miles east of Bend toward Mount Bachelor. Just past the Inn of the Seventh Mountain, turn south on a gravel road, the Dillon Falls Road (Forest Road 1808). Go ¼ mile to Forest Road 1831. Follow it ½ mile until it forks, then take the left fork for 1/10 mile to reach the parking area.

Weekdays from 7:45 to 4:30, you can see some of the artifacts at the USFS office at Third and Revere streets in Bend. ▢

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Two-wheel madness . . . it's bicycle moto-cross

CHAD SLATTERY

Airborne racers *leap double mogul at Long Beach's nasty track called The Gnarler. Riders rarely sit on seats during race—the landings can hurt*

PETER O. WHITELEY

Even the little guys *have abbreviated races down straightaway at track in San Jose's Watson Park*

Big trophy *is prize at Portland's Rose Parade Nationals*

Tight pack leans *into banked turn against backdrop of tents and picnicking spectators*

DON NORMARK

The colorful pack of helmeted riders comes charging off the starting ramp as the restraining gate is dropped. Their legs pump up and down furiously as they head to the first jump, a mound of compacted dirt that can send them several feet into the air. They bunch quickly as they enter the first of a series of tight turns on the serpentine, undulating racecourse. As they cross the finish line of the one-lap race, another group leaves the start, their racing machines sparkling in the sun.

It's BMX—bicycle moto-cross—a fast-growing sport for the whole family that starts with a division for 5-and-under and ends with ones for their moms and dads (the 26-and-over group). In between are age-group classes for novices, experts, and even professionals. Most ride small-framed 20-inch bikes, but older and larger competitors ride 24- and 26- inch "cruisers"—distant relatives of fat-wheeled, one-speed, coaster-braked bicycles.

Races take place on tracks specifically designed for BMX racing. At present, there are almost 200 sanctioned tracks in the West (and more than 500 nationwide). Although the individual layout of the tracks varies, most are dirt, have elevated starts, jumps, banked left and right turns, and are about 300 yards long. Track managers and volunteer officials organize and run the races. There is usually an entry fee of about $5 for the day's racing.

Safety is a top priority. Riders must have a helmet, long-sleeved shirt, long pants, and shoes. Face guards, knee and elbow pads, and gloves also help avoid the scratches and bruises that come from spills. The bikes are stripped to essentials, and padding is added to handlebars and the gooseneck.

After registering, competitors are assigned a division based on age and experience and are assigned a gate position for each of the three preliminary races. Racers advance to the finals either by winning a preliminary or by total points accumulated for all three.

You can find out more about BMX racing by writing to the two largest sanctioning bodies. Most active in the West is the American Bicycle Association (ABA), Box 718, Chandler, Ariz. 85224. Annual membership of $19 includes insurance, a monthly newspaper, a membership card, and racing number. The other group is the National Bicycle League (NBL), 3801 N. Federal Highway, Suite 8, Pompano Beach, Fla. 33064. Membership is $15. □

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Old book search in Wales' Hay

The world's largest secondhand bookstore is in Hay-on-Wye (population 1,500) in Wales, according to the *Guinness Book of World Records*. Close to a million volumes are jam-packed on more than 8 miles of shelving in three shops owned by Richard Booth. Thousands more used books are stacked at a dozen other stores in town.

Hay books deal with every conceivable subject and cost from less than a dollar for a modern paperback to several thousand dollars for an incunabulum or a first edition. In the 30p Bookshop, all volumes cost 30 pence (80 cents) each. Open seven days a week year-round, Hay stores ship purchases to your home and handle mail

Hay-on-Wye sits at the foot of low hills beside the meandering River Wye

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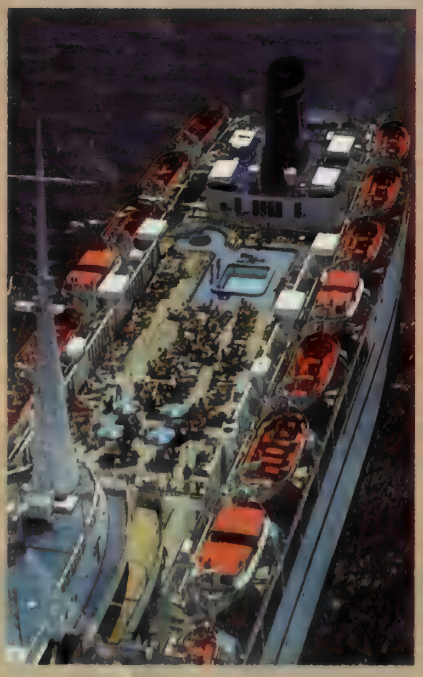

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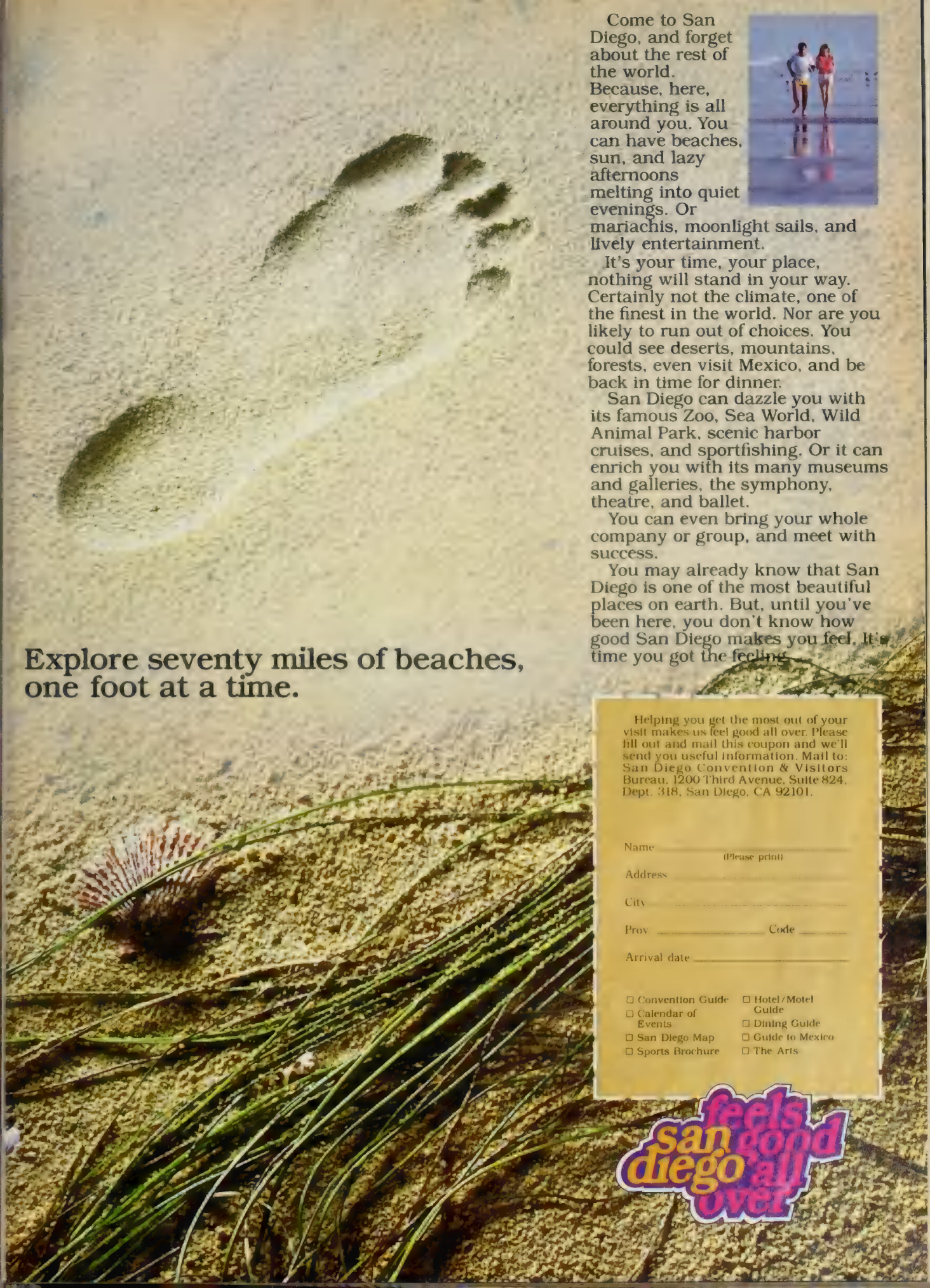

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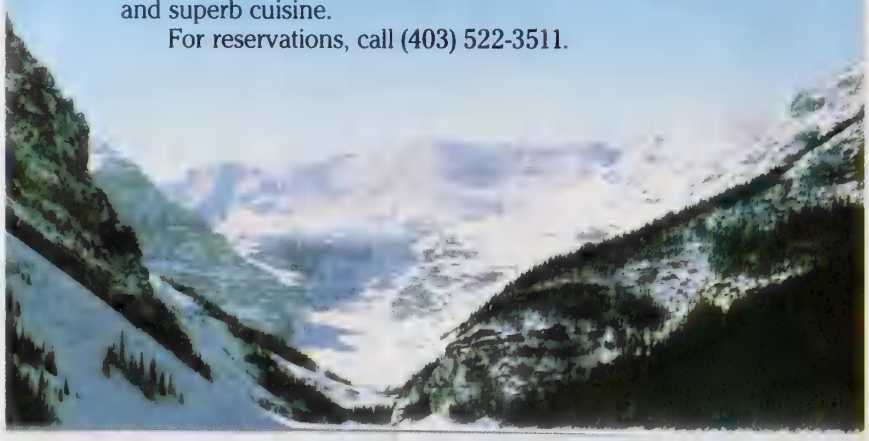

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orders. Many books come from the United States—a recent American visitor commented he found more secondhand books on New Mexico here than he did in New Mexico.

You can reach Hay by car from Cardiff (60 miles south) or from London (140 miles east). Trains leave London's Paddington station for Hereford (3½ hours); from there, it's an hour's ride by coach (long-distance bus) to Hay. Some 20 boarding houses provide bed and breakfast. Meals are served at several restaurants, the Swan and Crown hotels, and The Olde Black Lion inn. Hay also offers excellent canoeing on the picturesque Wye, and pony trekking and hiking in gently rolling hills.

Direct inquiries about the different bookstores to Richard Booth (Bookseller) Ltd., Frank Lewis House, Hay-on-Wye, Powys, Wales. Enclose an international air mail reply coupon, available from your post office, and a self-addressed envelope. □

***Bibliophile** browses through English literature shelved in one of tiny Hay's 15 stores*

***In 17th-century building,** Olde Black Lion offers cozy rooms and fine cooking*

Condominium apartments of Vilcor Wailea.

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Long, sunny walks through a perfect garden.
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	CIMARRON '83	AUDI 5000S	BMW 320i	VOLVO GL	SAAB 900S SEDAN
FRONT-WHEEL DRIVE	STANDARD	STANDARD	NOT AVAILABLE	NOT AVAILABLE	STANDARD
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FIVE-SPEED MANUAL INCLUDING OVERDRIVE	STANDARD	STANDARD	STANDARD	STANDARD 4-SPEED	STANDARD
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TUNGSTEN HALOGEN FOG LAMPS	STANDARD	NOT AVAILABLE	EXTRA COST	NOT AVAILABLE	DEALER INSTALLED OPTION
ALUMINUM ALLOY WHEELS	STANDARD	STANDARD	EXTRA COST	STANDARD	STANDARD
AIR CONDITIONING	STANDARD	STANDARD	EXTRA COST	STANDARD	STANDARD
ELECTRONICALLY TUNED AM/FM STEREO RADIO	STANDARD (may be deleted for credit)	EXTRA COST	EXTRA COST	DEALER INSTALLED OPTION	DEALER INSTALLED OPTION
LEATHER-WRAPPED STEERING WHEEL	STANDARD	STANDARD	EXTRA COST	DEALER INSTALLED OPTION	NOT AVAILABLE
LEATHER SEATING AREAS	STANDARD	EXTRA COST	NOT AVAILABLE	STANDARD	NOT AVAILABLE

*Some Cadillacs are equipped with engines produced by other GM divisions, subsidiaries or affiliated companies worldwide. See your dealer for details. All imports shown are 1982 models. Level of standard equipment varies.

Bold new performance. In '83 Cimarron sports a snappy new 2.0 liter electronically fuel-injected engine with a 5-speed manual transmission. (3-speed automatic is available.) Plus an exclusively tuned Touring Suspension, front-wheel drive and more.

Bold new look. There's a strong new grille treatment and tungsten halogen fog lamps. A proud new hood medallion. And crisp, new aluminum alloy wheels.

Plus Cadillac touches... Like body-contoured, leather-faced front bucket seats with lumbar support. Air conditioning. Full instrumentation including tach. All standard. And available features like a new electronically tuned AM/FM stereo cassette radio with 5-band graphic equalizer.

Extraordinary value. Compare Cimarron '83 to any import in its class. Feature for feature. Sticker for sticker. Most of all, compare performance with a demonstration drive. See a Cadillac dealer soon.

JERRY FREDRICK

***Bronze hands** wield a leaded-glass sword with dangling lamp in Ken Butterfield sculpture at Seekers Gallery*

***Restored schoolhouse** with belfry showcases works by local artists. Turreted doll house (below) caps Townes Antique Emporium*

On your way to Hearst Castle . . . unhurried Cambria, tiny Harmony

Quaint, unhurried Cambria: at first glance, this pleasant coastal town 33 miles northwest of San Luis Obispo seems little changed by time. Weathered clapboard houses—remnants of the town's beginnings as a fishing and quicksilver-mining center—hide behind tangled vines on and near Main Street. Cows graze placidly on surrounding hills. So unpretentious and compact is the town center that it's often missed by travelers en route to Hearst Castle at San Simeon, 9 miles north.

But behind the 1870s façades, change is underway. Increasing numbers of artists and craftspersons are leaving the urban roar to live and work in Cambria's country quiet; new galleries, shops, and restaurants are cropping up.

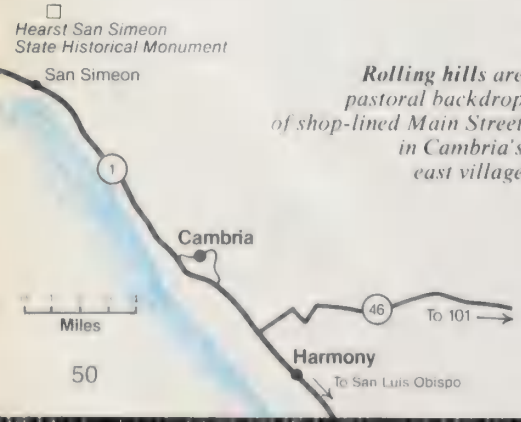
Consider a stop for leisurely rambling and discovery, especially this month when clear days are plentiful. On an overnight or weekend trip, combine browsing in galleries and shops with lunch or dinner in an old house restaurant, a stroll on pebble-strewn beaches, a side trip to tiny Harmony (6 miles south), or a tour of Hearst Castle (reserve through Ticketron).

At least two motels recommend reservations a couple of weeks in advance: Cambria Pines Lodge (805/927-4200; $38 to $45 per night for two) and the San Simeon Pines Resort Motel with its golf course and easy beach access (805/927-4648; $38 to $68 for two). At San Simeon Beach State Park, 134 campsites with picnic tables are available October to May on a first-come basis; even on weekends, you should find a site.

Two villages for browsing

Cambria is divided into east village (the business center) and west village (long known as Cambria Pines). Main Street connects the two; you can park in one vil-

(Continued on page 54)



***Rolling hills** are pastoral backdrop of shop-lined Main Street in Cambria's east village*

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See and drive the new fuel-injected Cavalier Wagon, Coupe, or Sedan. From America's sales leader. With all that Cavalier offers today, if you haven't seen your Chevy dealer, you're not ready to buy.

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*Based on a comparison of Manufacturer's Suggested Retail Prices for 1982 and 1983 base unit Cavalier models. Level of standard equipment may vary.

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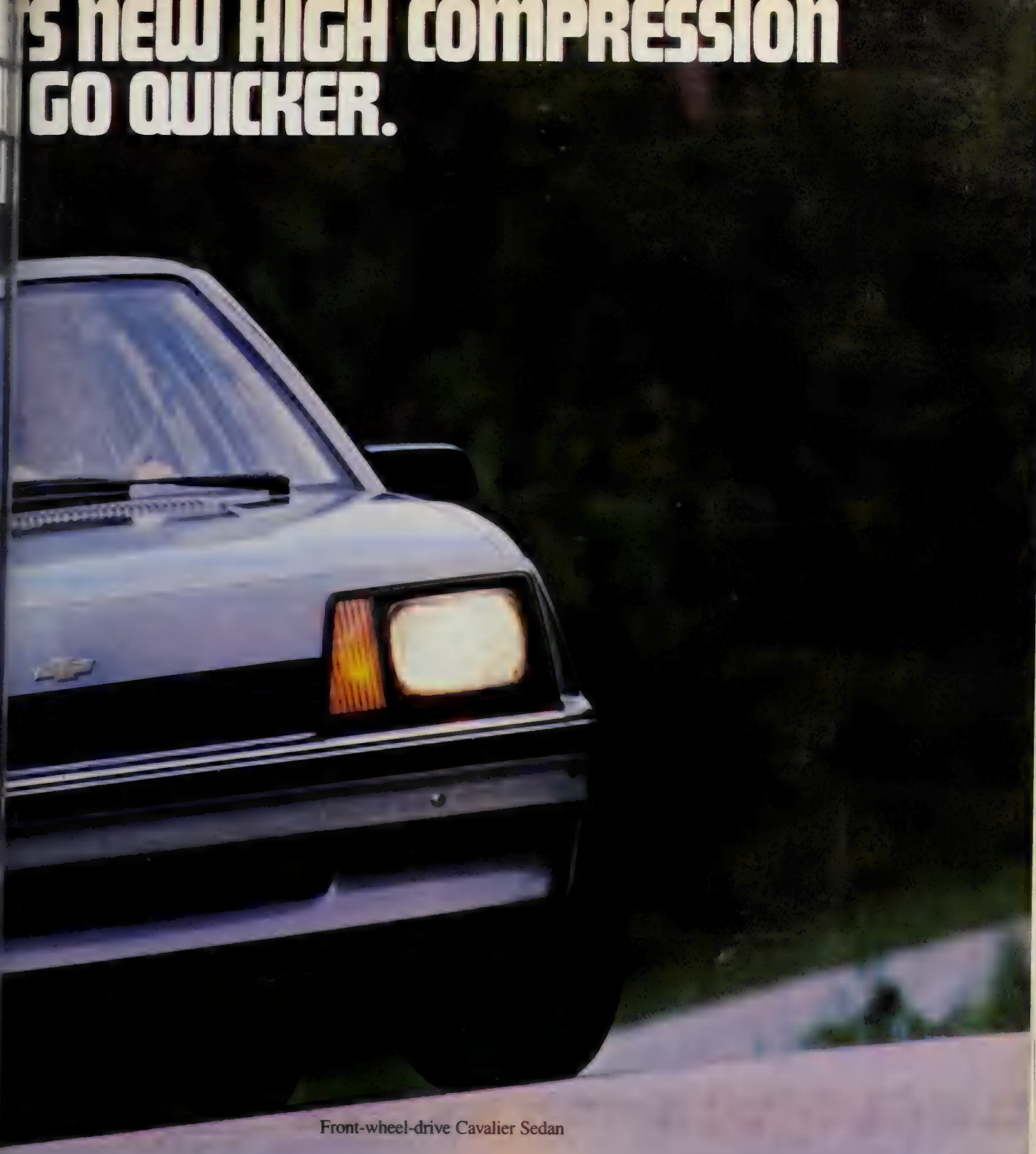

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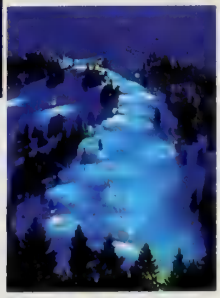

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lage and walk to the other (about ½ mile) or explore one on foot and drive to the other. Most of the shops are concentrated on Burton Drive in east village and along Main Street in west village.

Upstairs in Old Village Mercantile, 407 Burton Drive, in the new Seekers Gallery (open Monday through Saturday 11 to 10), owners Linda and Mike Adelson and Terry Dolan sell hand-blown glass in shimmering colors, as well as porcelain, carved wood, and ceramics by California artists. Some of the museum-quality pieces have been on display in San Francisco's de Young Museum and at the Smithsonian.

Next door to Seekers Gallery, at Grimaldi's Confectionery (open Monday through Saturday 11 to 10), you can sing along with Connie McCauley and her ragtime piano Saturday evenings after dinner from 8 to 10.

In the west village, The Soldier Factory, 789 Main Street (open 10 to 5), fashions pewter miniature figures, ranging from World War II infantrymen to gaily painted carousel horses.

Between the two villages on Main, the Old Santa Rosa Schoolhouse (open daily noon to 3:30) houses an art gallery operated by the Cambria Allied Arts Association. Nearby, visitors can glimpse Cambria's old jail: a one-room box built in 1888.

A pair of restaurants in old houses, another in a garden

The Brambles Dinner House, 4005 Burton Drive (open daily 5 to 10), is one of Cambria's original 1890s clapboard houses; its homey alcoves are filled with antiques.

The Grey Fox Inn, 4095 Burton Drive, is open daily for soup and salad buffet lunches from 11 to 2 and dinner from 5:30 until 9:30 in its cozy rooms and—weather permitting—on its vine-covered terrace.

Two miles north of town off State 1 at Moonstone Beach Drive, The Hamlet at Moonstone Gardens is a cactus nursery, arboretum, and new restaurant all in one. Behind the restaurant, gently sloping paths weave past some 400 varieties of cactus and succulents in a park setting. Small cactus are sold in the nursery beside the restaurant. The gardens are open daily from 10 A.M. to late evening; the restaurant is open from 11:30 to 2:30 for lunch, from 5 to about 9 for dinner.

North of town: look for moonstones and otters, or picnic by the sea

In fall, rocky outcrops and beaches northwest of town offer splendid clear-day views, beachcombing, and hiking. For an easy hike, the Leffingwell Landing Trail (1.9 miles round trip) skirts the tops of wide beaches and craggy bluffs from Moonstone Beach to the northern intersection of Moonstone Beach Drive and State 1.

Along the way, you might spot otters frol-

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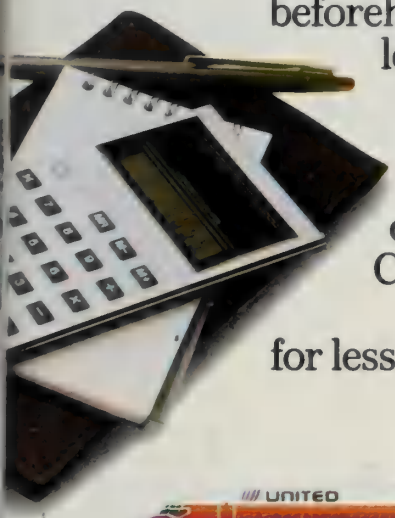

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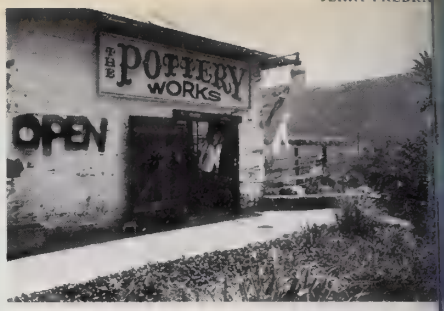

In Harmony, renovated creamery houses pottery studio and shop

***Curving upward** like a trail of smoke, metal fireplace by sculptor Pete Fell's has new home in Harmony gallery*

icking offshore in rocky coves or brown pelicans dive-bombing waves for fish. Rocks, rounded and polished by the sea, pepper the beaches; a close search among them might turn up agates or—if you're lucky—a milky white moonstone.

The trail begins just north of Shamel Park (take Main west from Cambria, cross State 1, and veer left on Windsor to the park). The path crosses Santa Rosa Creek (hazardous after rains) where it flows into the ocean. At Leffingwell Landing, you can stop for a picnic; there are tables, barbecue grills, and rest rooms.

South of Cambria: tiny Harmony, with galleries and an old-time restaurant

Harmony (population a scant 18), 6 miles south of Cambria off State 1, is an old dairy town (founded in 1869). New shops and galleries are adding to its eclectic mix.

You can browse through a pottery studio, a wine and cheese cellar, and other shops in the renovated creamery buildings, and see false-front houses reminiscent of the Old West. At Harmony Valley Inn, dinner is served from 5 to 9 daily, champagne brunch Sundays from 10 to 2. □

Banff/Jasper...
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Wish you were here

Please send me [redacted] information on "Wish You Were Here" Ski Weeks. Banff Ski Weeks start [redacted] $292.00 CDN/person, double occupancy, 7 nights accommodation, 5 days lifts. Jasper Ski Weeks range from $138 to [redacted] CDN/person, 5 nights accommodation and lifts. Prices [redacted] low season, double occupancy and exclude airfare. [redacted] your travel agent, airline or mail this coupon for more information.

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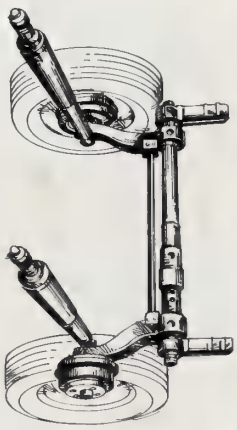
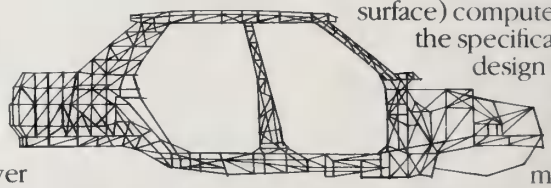
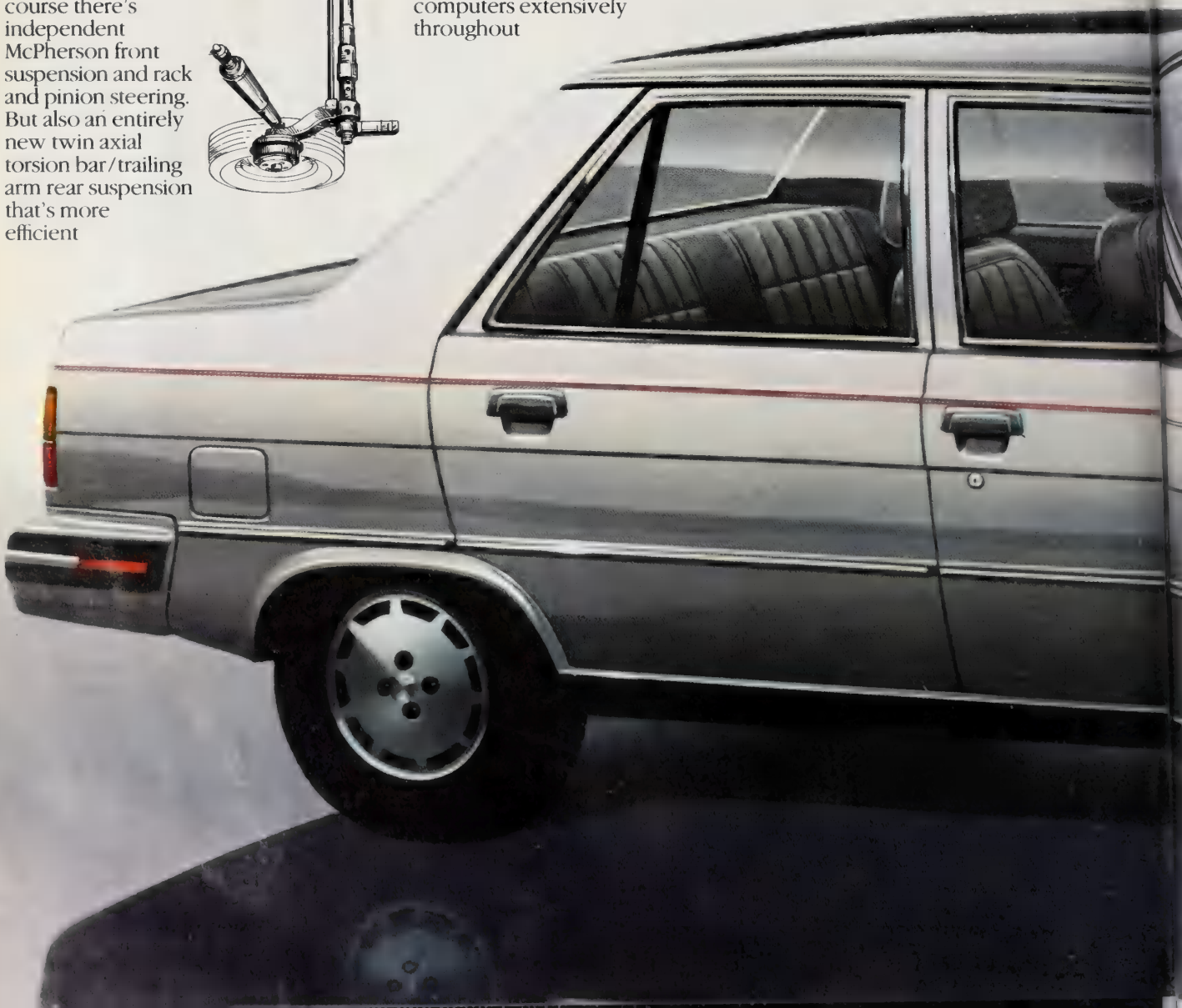
Alliance DL. Front wheel drive from the world's all-time leader in front wheel drive. And an integrated group of road-holding components. Of course there's independent McPherson front suspension and rack and pinion steering. But also an entirely new twin axial torsion bar/trailing arm rear suspension that's more efficient than leaf springs or coils. Fore and aft stabilizer bars and steel-belted radials are also standard.



European engineering.
Alliance DL. Nearly one and a half million hours of development and testing and over $200 million invested in American Motors' Kenosha assembly plant have produced a sophisticated small sedan of European breeding and American manufacture.

Renault has employed computers extensively throughout the design process. First, finite element analysis improves the structural integrity and helps pare weight. Then a UNISURF (uniform surface) computer probe "re the specifications of the design model and translates them—with a tenth of millimeter—directly to the die that produces the Alliance body parts. Finally, the computer-controlled, f automated Gilman assembly proce assures precise and consistent bod





The result of all this technology is a rited car that looks as good in the w d tunnel (.39Cx) as it does on the ro . How good is that? Good enough fo ne European version of the Al nce to win Europe's 1982 Car of th Year award.

ver appeal and room for five.
A nce DL. Proof-positive of R ult's passion for ergonomics. W bio-formed bucket seats on cu ed tracks to tilt and recline in to lly new ways. An instrument gr ip whose every element is in easy re h. And laser-calibrated lines of si t for improved visibility.

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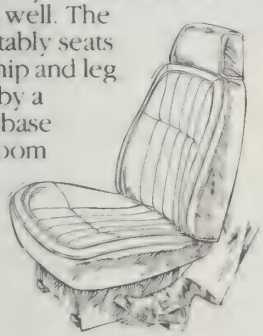

Surprisingly, there's separate rear seat heating, so the people in back can enjoy the Alliance as much as you do.

Sophisticated options.
Alliance DL. With standard equipment typical of fine European sedans, and a provocative array of options: computer-controlled 3-speed automatic transmission. Power windows and door locks. Clearcoat metallic finishes and halogen lights. 5.5" x 13" cast aluminum wheels. Even a patented Infrawave Keyless Entry System, to lock and unlock the doors from outside the car.

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Brakes	Power-Assisted Front Disc, Rear Drum	
Suspension	4-Wheel Independent	
Displacement	1397 cc	
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52 est. hwy.

*Compare 1983 EPA estimates with estimated MPG for other cars. Your actual mileage depends on speed, trip length and weather. Actual highway mileage and CA figures will probably be lower.

37 EPA est. MPG

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Cannonball tree (Couroupita guianensis), its trunk festooned with fruit, is tropical curiosity at Foster Garden

Tropical garden in downtown Honolulu

Plant lovers who visit Honolulu may find a stroll through Foster Botanic Garden a rewarding way to spend a few hours.

Sprawling over 20 downtown acres, the garden is home to a large and diverse collection of tropical plants, including wild orchids, rare palms, cycads and other primitive plants, more than 1,400 species of bromeliads, and a showy collection of hybrid orchids. Shaded paths weave through stands of exotic trees; some of these are almost comical in appearance, like the Guiana native pictured above.

The gardens are open daily 9 to 4. Free guided tours form at the front gate Tuesdays and Wednesdays at 1:30; for information, call (808) 538-7258.

Volunteer workshops, held Tuesday mornings from 9 to noon, offer Honolulu residents and visitors a chance to learn some basic gardening techniques. Classes are free, but you pay for lessons with your time: an hour of lectures and demonstrations is to be followed by about 2 hours' work (practicing the techniques) on Foster grounds.

Topics (one per week) include propagating plants from seed, coping with insects, proper watering and fertilizing, air-layering. Classes begin in the potting shed. For details, telephone Masa Yamauchi, (808) 537-9373.

Foster Garden is at 50 N. Vineyard Boulevard; admission is free. □

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Lucien and Janet Burnett talk about their fourth visit to Bermuda.

"The players tried so hard to explain cricket to us. They're all so good-natured. Everybody here is."

"It's fun getting dressed up. Somehow, it's Bermuda. It fits in with the island."

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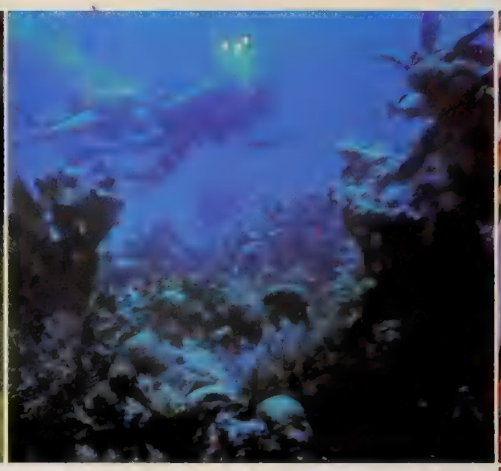
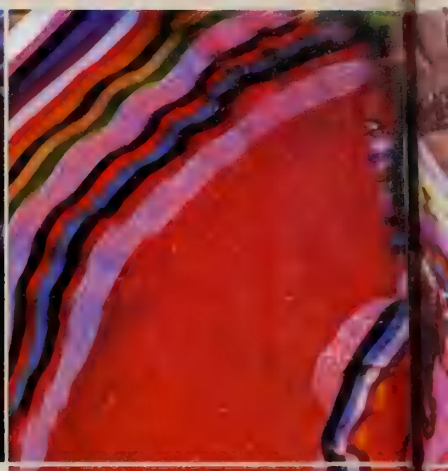
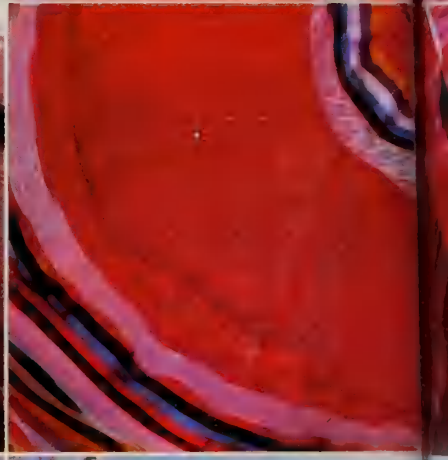
"MORE MEXIC







Mexico City Galeria Plaza
from $83.00*

The city's exclusive shopping and restaurant center, the Zona Rosa, is also home to the Galeria Plaza. 450 beautifully appointed rooms and suites, eight restaurants and bars. Ile de France, a Parisian gourmet restaurant; European-style Cafe Plaza and Restaurant Plaza open 24 hours; Lobby Bar; Le Chic disco; piano bar. Rooftop pool and cocktail lounge.

Acapulco Las Brisas
from $86.00*

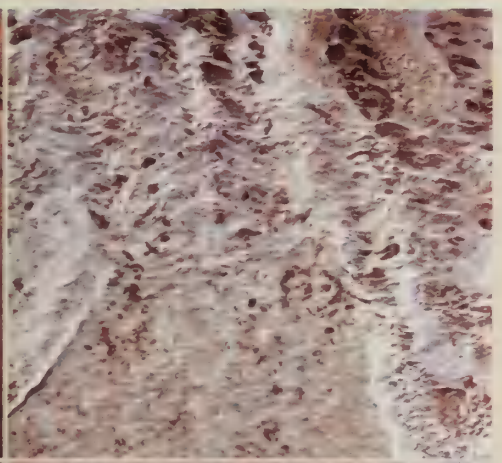
There's no other place like it in the world. A village of pink and white casitas set on a hillside high above Acapulco Bay. Private (or shared) pools. Superb cuisine and spectacular views. Five tennis courts. And water sports at the only private beach club in Mexico.

Mexico City Alameda
from $70.00*

Just a short stroll from the Ballet Folklorico, the Alameda borders Alameda Park in the heart of the city. Rooftop pool. Five outstanding restaurants, including the new 17 Restaurant (on the 17th floor) for one of the best views of the city, along with a marvelous menu of steak, roast beef, seafood, and superb salad bar.

***Prices and extras:** Rates quoted in U.S. dollars, per person, double occupancy, for three days, two nights. Effective 4/18/82 to 12/18/82. All include special extras like welcoming cocktails and others exclusive to each locale. Naturally, there are more expensive accommodations and different rates for different lengths of stay. Air fare is not included. 10% added value tax not included. Prices subject to change without notice due to exchange rate fluctuation. Children 18 or under are free when sharing parents' room (room only).

) FOR LESS."



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Here is just a brief description of a few of these vacations. There are many more, all described in a full-color brochure, complete with rates, facts, figures, accommodations and airline information. It's all yours, just for the asking.

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CARLA HUNT

Eternally snow-covered Chimborazo, *at 20,561 feet Ecuador's highest peak, rises over buildings on the outskirts of Riobamba, halfway between Quito and Cuenca*

Salagaca Indian weaver *displays his handiwork—animal-motif tapestries—in village south of Ambato*

2 miles high on the "Avenue of the Volcanoes"

The Avenue of the Volcanoes, Ecuador's temperate corridor 2 miles high in the Andes, offers charming colonial cities, pre-Columbian culture, and spectacular scenery, with lush valleys flanked by volcanic peaks reaching over 20,000 feet.

In a modern touring bus, we traveled south along the spine of South America on the Pan American Highway from Ecuador's capital Quito, winding between parallel ranges of the Andes for 225 miles to the seldom-visited city of Cuenca. This two- to three-day excursion follows the Incas' Royal Road that once connected Quito with Cuzco in Peru.

Colonial Quito

Quito, a colonial jewel tucked into a green valley at 9,300 feet, is your base of operations. It is rife with ornate cathedrals, palaces, churches, monasteries, and museums. Guidebooks and walking tour pamphlets are available at hotels and at tourism offices.

The Intercontinental Hotel, perched on a hill just outside the city, offers fine views. The Hotel Colon Internacional, in the heart of the shopping and cultural district, is convenient for walking tours.

Major tour agencies in Quito offer bus trips south or north on the Pan American Highway. You can make reservations through several agencies at major hotels in Quito, or book ahead through your travel agent. For bus tours, figure on spending about $100 a day to cover transportation, guide, meals, and lodging in comfortable hotels. You can also rent a car at $25 a day and 25 cents per kilometer or hire a chauffeured one for $50 a day, or take the inexpensive, though slightly chaotic, inter-city buses.

Road follows spine *of Andes for about 225 miles between Quito and Cuenca*

Stone lintel *bridges passageway at recently excavated Incan temple on farm at Ingapirca*

South from Quito: volcanic mountains, Indian markets

From Quito, head south on the Pan American Highway, a well-maintained 1½- to 2-lane paved road. Overlooking the route are more than 20 major peaks, ranging from 14,000 to over 20,000 feet; serendipity and the prevailing winds will determine which ones you see. You may get a glimpse of 19,347-foot Cotopaxi, one of the world's highest active volcanoes.

The terrain varies from rich farmland dotted with haciendas to sparse *altiplano* an 11,000-foot-high plateau. The small barrel-chested Indian men and women, wearing ponchos and fedoras, work their livestock and their land (the main crops

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A fall vacation in Virginia is an unforgettable trip to the past, a journey to Colonial Williamsburg, the largest restored 18th century town in America, with costumes and carriages, craft shops and cobblestone streets. Virginia is a colorful drive through autumn leaves in the Blue Ridge Mountains, a stay at a cozy inn, a handmade quilt at a roadside stand. It's exciting Virginia Beach where ocean waves retain the summer's warmth well into October, dozens of historic plantations, spectacular caverns—and it's all surprisingly close together. Come see Virginia this fall, and make your own vacation history.

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Virginia is for lovers.♥

are potatoes and corn).

The road is good and heavily traveled, but traffic doesn't move at what you'd call a highway clip. On some stretches you might speed along at 45 mph, but it's more realistic to expect 25 to 30 mph. You'll want to go slow, both to see the scenery and to maintain your sanity among the creative local drivers.

Indian markets are held weekly in major towns between Quito and Cuenca. For the towns shown on the map, market days are Monday in Ambato, Tuesday in Latacunga, Thursday in Cuenca, and Saturday in Riobamba. Starting at sunup, the markets are packed into town plazas and branch out into side streets. They're the staple of commerce and communication for the Indians. Since the Indians mostly speak Quechua, the original Incan tongue, a smile, sign language, and some basic Spanish phrases will guide you.

Market mainstays are native handicrafts, tropical fruits and vegetables, livestock, fowl, and guinea pigs (sold as both bed warmers and holiday delicacies). Plucky visitors may want to sample basted pork from splayed whole pigs roasted over smoldering barbecues.

Among the crafts, look for wool clothing and tapestries, baskets, and straw hats. (The original "Panamas" were made in and around Cuenca—still are—and sold to migrants and adventurers passing through the Panamanian isthmus at the turn of the century.) Also look at metalwork, brightly painted carvings from Ecuador's Amazon basin, and painted clay ornaments and figurines.

On to Incan ruins and Cuenca

Between Riobamba and Cuenca, tucked into remote rolling grassland, are the Incan ruins at Ingapirca. An active dig is underway at this lone surviving Incan site in Ecuador, and archeologists are on hand to discuss the excavation of this one-time fortress, sun temple, and way station between Quito and Cuzco. This dig certainly cannot rival Peru's Machu Picchu (a thousand miles to the south on the original Royal Road), so if you're also headed there, skip this.

Third largest city in Ecuador, Cuenca offers a less frenetic look at urban South America than Quito. Cobblestone streets lead to fine crafts markets. The Tomebamba River runs through the middle of town, with colonial villas perched over its riverbanks, where laundry is laid out to dry. There are several good hotels, including El Dorado, near the main plaza.

Domestic airline service connects Cuenca with Quito and Guayaquil. (Many of the excursions offered take you out by bus, back by air.) Ecuatoriana Airlines serves Quito and Guayaquil from Los Angeles on flights departing Tuesday and Saturday evenings; a special round-trip tourist fare is currently available for $777. Eastern flies to Quito on Saturdays. □

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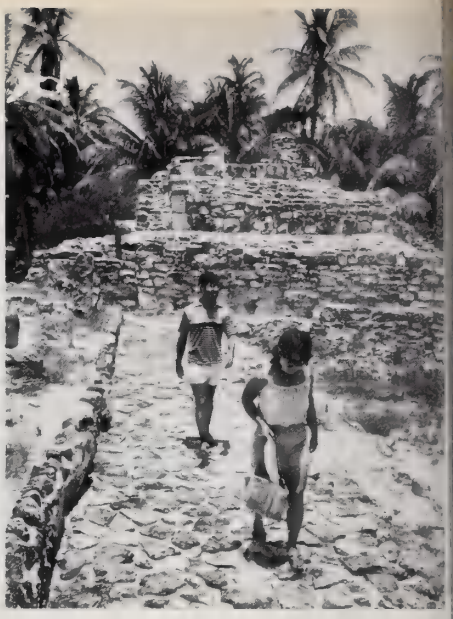

***Ruined stone temples,** pyramids of El Rey probably date from around 1400*

More Mayan treasures in Cancún

Cancún, the resort on Mexico's Caribbean coast, is so new it resembles an architect's model of itself. But this is Yucatán, where Mayan civilization flourished long before high-rise hotels. Now a recently opened archeology museum and set of ruins give Cancún visitors an introduction to this advanced pre-Columbian culture.

The Museum of Cancún contains well-displayed artifacts mostly brought from sites along Yucatán's east coast. Included are glowering incense urns, jade and shell jewelry, and a section of an inscribed stone staircase, unusual in that its stones were found in the exact order in which they were placed: if a Mayan of 1,000 years ago came upon them, he would be able to read their message (making today's scholars, who can't, extremely happy).

Museum signs are in Spanish, but there is generally an English-speaking staff member around to answer questions. Hours are 10 to 2 and 5 to 8 Tuesday through Saturday, 9 to 3 Sunday. Admission is 10 pesos. The museum adjoins Cancún's Convention Center, easily reached by bus from the island's hotels.

About 6 kilometers south of the museum lies the Mayan ceremonial center of El Rey. Built during the decline of the Mayas, its pyramids and temples seem almost child-scaled versions of the more magnificent ruins at Uxmal and Chichén Itzá, to the west. The ruins are normally open the same hours as the museum (but check with museum before you go). Admission is 20 pesos. Best way to get there is by taxi; a round trip costs about 250 pesos.

IN THE LAND THAT PRODUCED THE WALLABY, WOMBAT, EMU AND KANGAROO, YOU'D HARDLY EXPECT TO FIND AN ORDINARY VACATION.

Nothing is what you xpect it to be in Australia.

The cute little teddy ear, the koala, isn't a bear at ll. He's a marsupial, like his ousins the wallaby and kangaroo. We have a bird, the mu, that can outrun a racehorse. And another, the fairy enguin, that can swim underwater at over 30 miles an our but can't fly any higher han he can jump.

Even our London Bridge, the one you see ere, was being carved out f rock by the sea while the ther London was still a cluster of huts on the Thames.

So where do you begin o explore this large and liverse a country? You begin, f course, with the people.

WE'LL GREET YOU WITH OPEN ARMS, NOT OPEN HANDS.

From the moment your Air New Zealand 747 Super B touches down in Sydney, you'll be amazed at the Australian people's sheer zest for living. Perhaps you'll be invited to enjoy a schooner of beer in a picturesque pub in The Rocks, site of the original English penal colony settlement. And when it's your turn to "shout a round" it'll be easy, because when it comes to having fun, the Aussies speak the same language you do.

Naturally some shopping, gallery hopping and an evening at the fabulous Sydney Opera House are de rigueur, and you'll have to sample at least a few of Sydney's fabulous (and often surprisingly inexpensive) restaurants.

But the countryside beckons and how better to see the real Australia than on a working sheep station? You can visit for a day or become a member of the family and stay as long as you like.

Wherever you go in Australia, you'll find the greeting warm and genuine and the open hands you'll see are for shaking, not for tipping.

THE WORLD'S LARGEST REEF AND LONGEST BEACH.

Australia's coastline is not all beach, it just seems that way. There are nearly fifty beaches within easy reach of Sydney and Melbourne alone. And if you tire of strolling on one of them, how about taking a walk on the Great Barrier Reef?

Right, a walk. At low tide, all you need to explore this fabulous coral reef off Australia's northeast coast is a pair of tennis shoes and a bathing suit.

But perhaps you'd rather explore for something more valuable. How about gold? Australia had a gold rush like California's and parts of the historical gold country still exist. You can pan for gold in streams that are far from "played out," and everything you find is yours to keep.

Or, for a mere dollar, spend the day fossicking the world's richest opal field at Coober Pedy. Who knows? You may just find enough to pay for your vacation.

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America's best-selling truck diesel is now available in tough Chevy Vans and Sportvans. Now you can get available 6.2 Liter (379 Cu. In.) V8 Diesel power in 1983 G20/30 Series Chevy Vans and Sportvans. It's already in service in over 100,000 full-size 1982 Chevy Pickups, 4WD Blazers, Suburbans and Step-Vans. That kind of acceptance says a lot about the performance and desirability of this diesel power. The 6.2 Liter Diesel in a G20 Chevy Van offers you up to 24% better fuel efficiency than a 5.0 Liter (305 Cu. In.) 4-Bbl. V8 gas engine in the same vehicle. And the 6.2 Liter Diesel provides up to 33% better fuel efficiency than this gas engine in a G20 Sportvan. Consider these impressive mileage figures.

30 EST. HWY. **20** EPA EST. MPG *G20 SPORTVAN WITH OPTIONAL 6.2L DIESEL AND AUTOMATIC OVERDRIVE

31 EST. HWY. **21** EPA EST. MPG *G20 CHEVY VAN WITH OPTIONAL 6.2L DIESEL AND AUTOMATIC OVERDRIVE

Chevy's G30 Diesel Van. The Chevy Van advantage goes way beyond diesel power. The available 6.2 Liter Diesel G30 Chevy Van is rated at 240 lbs.-ft. of torque at 2000 RPM. So Chevy Van digs in and hauls hard under full loads (up to 3682 lbs., including passengers, equipment and

125" WB Diesel Chevy Van.

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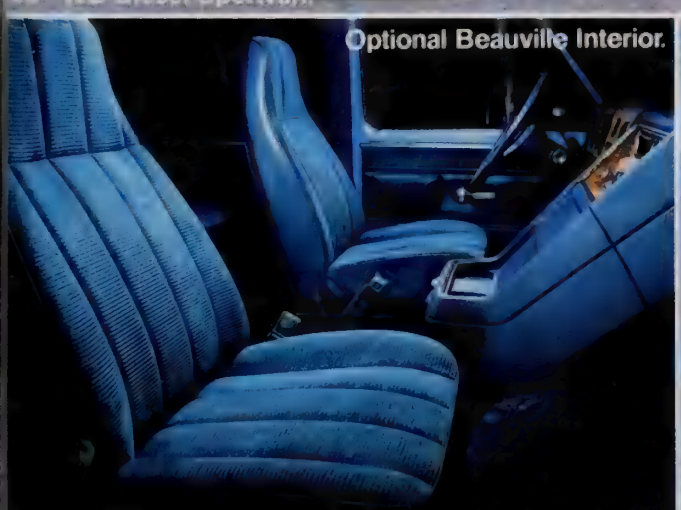
argo, in a properly equipped model). ll long-wheelbase models have a big 96 cu. ft. of load space—and load ength for a 14-foot ladder! What's nore, a properly equipped G30 Chevy an can move up to 12,000 pounds, ncluding itself, passengers, equipnent, cargo and trailer.

hevy's Diesel Sportvan. Here's how hevy moves people with style, comort and convenience. There's standard seating for five, but the G20 Sportvan offers optional seating for eight and the G30 model offers optional seating for eight or twelve. In addition, quick-release rear bench seats help convert Sportvan from people-carrying to cargo-carrying in a hurry.

3-Year/50,000-Mile Power-Protection-Plus Limited Warranty on Diesel Engines. Subject to deductible after first 12 months/12,000 miles. See your Chevy dealer for full details.

*Use estimated MPG for comparisons. Your mileage may differ depending on speed, distance, weather. Actual highway mileage lower. In Calif., Chevy Van 30 Est. Hwy., 20 EPA Est. MPG. Some Chevrolet trucks are equipped with engines produced by other GM divisions, subsidiaries, or affiliated companies worldwide. See your dealer for details.

25" WB Diesel Sportvan.



Optional Beauville Interior.

Sportvan with optional Travel Bed Package.

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TUPPER ANSEL BLAKE

***Bighorn sheep** in the Santa Rosa Mountains were tracked by photographer for miles over rocky terrain*

***Great horned owl** took unusual midday pose at Point Reyes*

SANDRALINE C. BLAKE

***Stalking sea lions** on the Farallon Islands, photographer used 1,000mm telephoto lens*

Opening October 20 in San Francisco, a unique show of wildlife photos

From the camera-shy bighorn sheep to the showoff sea otter, the breadth of California's wildlife is illustrated in a stunning color photography show scheduled to open October 20 at the California Academy of Sciences in Golden Gate Park. The exhibit represents a unique three-year field project by photographer Tupper Ansel Blake done for the California Department of Fish and Game and the National Audubon Society, with aid from corporate and private donors.

Called *The Wildlands and Wildlife of California*, the show depicts wildlife in the state's seven main habitat zones from shore to mountain to desert. Photographer Blake has recorded king salmon leaping up a foaming stream, bald eagles screeching over prey on an icy lake, horned toads scuttling over sand dunes.

Sometimes the pictures came easily, as when two fawns bounded out of the forest and froze before Blake's camera. Others were tougher: to photograph the endangered California condor, he had to maintain the ¼-mile distance required for the bird's protection.

The show runs through January 31 at the academy, open 10 to 5 daily; admission is $2 for adults, 75 cents ages 6 to 17. □

GTV 6/2.5 Coupé

Long after your friends have traded in the cars they settled for, you'll still be re-discovering the joys of owning a GTV 6. Because there's a lot to love about the GTV 6. When Road & Track tested it against the Datsun 280ZX Turbo and Porsche 924 Turbo, the GTV 6 won handily. Later, they called it, "the best Sports GT for the '80's."

The engine "is a joy, revving and pulling smoothly through its range ...", a muscular 2.5 litre V6 with Bosch L-Jetronic fuel injection for punch. Also, as you would expect from a car in the classical GT mold, the GTV 6 has over-sized 4-wheel disc brakes for when more power isn't the answer. The suspension is independent up front and the rare deDion design in the rear. Taken as a total, the GTV 6 system is unique, and provides handling qualities well-known for impressing drivers the first time out.

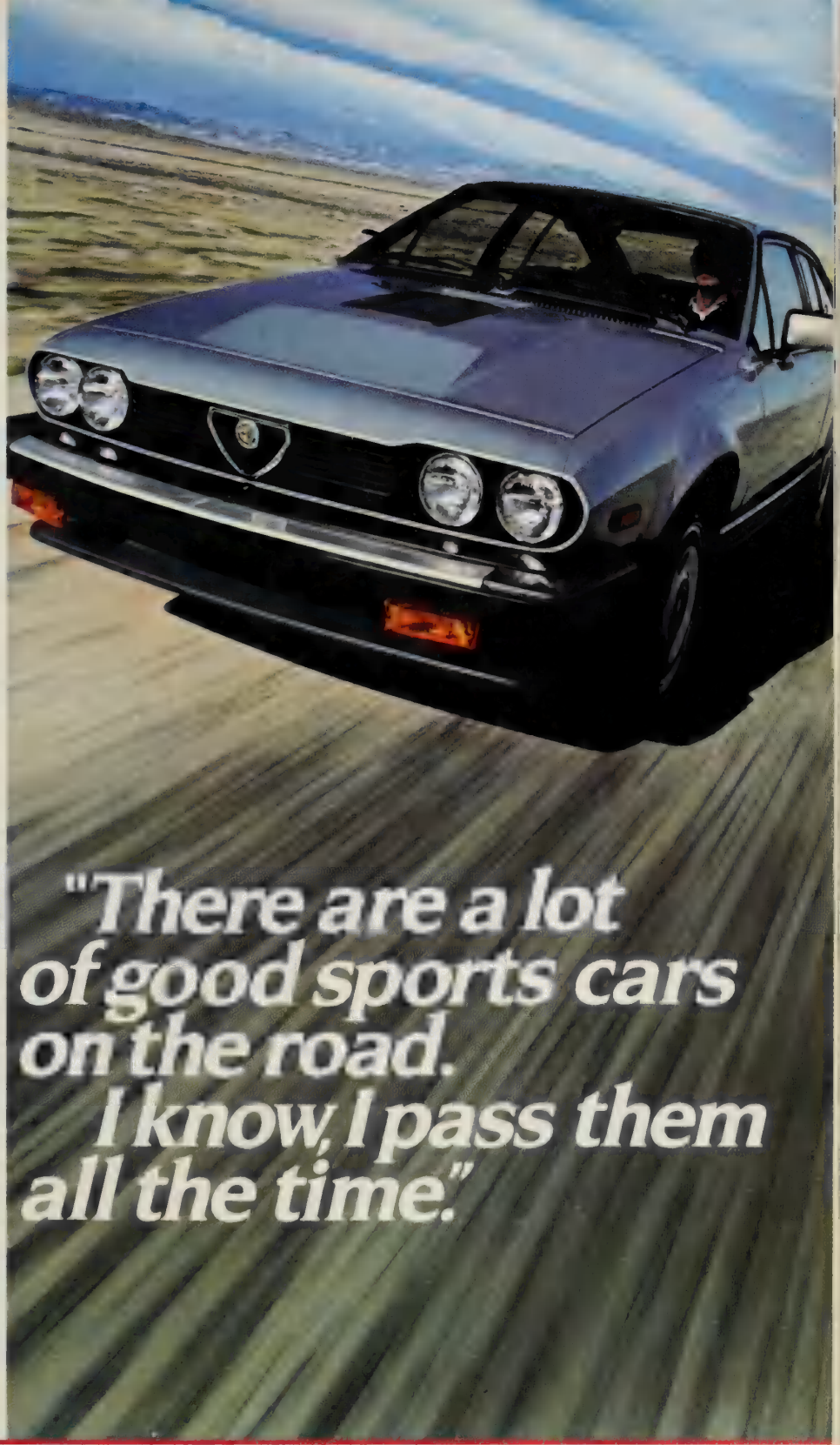
Which leaves its looks. There are no two ways about it, the GTV 6 is a stopper, no pun intended. The interior is the renowned Alfa Romeo blend of sensibility and sensuality.

Road & Track summed up the GTV 6 thusly, "No twist, no wiggle, no rattles, no bad habits. Real quality."

But a car of this quality cannot be stamped out like others that have compromised themselves into a less than GT class. If you become one of the few thousand drivers who get to own one, every road will remind you that the GTV 6 is genuine automotive art.

Particularly when you pass all the other cars that aren't.

The Spider Veloce



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Oysters

e municipal wharf nta Cruz, California, ay's catch includes Pacific snapper, flounder, lingcod, melt

We are eating more and more fish. It's fresher. There are literally dozens of choices, many with bewildering or newly minted names. How do you cook them? What's a good buy? Here is a 14-page guide

Fish market revolution

ish are hunted animals, the last we still epend on for food. They're pursued in the vild by fishermen working against the unertainties of fish runs and weather. Their uccess determines what your market has or sale and at what prices.

As more is known about the nutritional nerits of fish, the demand has grown. At he same time, the supply of some tradiionally popular species—salmon, halibut, eabass—has declined in recent years, causing their prices to soar. And shark, Pacific cod, and certain rockfish once overlooked by commercial fishermen are now being harvested.

Better handling and speedier distribution are improving the quality of fish for sale. Wide-bodied aircraft transport fresh fish across our nation and around the world so neighborhood markets everywhere can offer bigger selections than ever before.

All this helps to make shopping for fresh ish an ever-changing experience. Does any other food come in as wide a range of shapes, sizes, textures, and prices?

GLENN CHRISTIANSEN

Which for dinner? *Seafood counters within supermarkets—even far from the sea, as here in Denver—display many choices of well-chilled fresh fish*

Sunset's guide to the market scene

As you look over market trays piled with a confusing array of fish fillets and steaks, how do you decide what to buy? When your favorite fish is selling for $8 a pound, what's a good substitute? If you try something new, will you know how to cook it? And will your family like it?

Our guide to buying and cooking fish (see following pages) shows 49 different species found in Western markets. They are divided into groups having similar characteristics of thickness, texture, and taste. We explain what cooking methods give best results for each group and point out which fish are best buys. By comparing fish you know with less familiar varieties, you can easily make substitutions.

Fish is naturally tender, so it cooks very quickly. You need master only a few basic techniques to cook any fish well. Our primer beginning on page 85 takes the mystery out of it.

The changing ways that fish come to market

To harvest seafood, many fishermen still go to sea in small boats as they have for generations. They drag nets along the ocean floor to catch sole and other bottom-dwelling fish; that's *trawling*. They position wide nets suspended from floats across rivers and inlets; that's *gill-netting*. They anchor long lines with many hooks on the ocean floor to catch halibut and sablefish. Or they *troll* with moving lures from slow-moving boats to hook fish, such as salmon, that swim near the surface.

But some ways of catching fish have changed. Newer and larger *midwater trawlers*, equipped with the latest sounding instruments, can locate and identify schools of fish in midwater. And fishing at greater depths than possible before, they're catching some species seldom seen a few years ago.

At ports up and down our coast, receiving plants have modernized and expanded to handle boatloads of fish that can exceed 150,000 pounds. Some use large suction pumps to unload up to 40,000 pounds of fish an hour. Typically, the fish go directly

into a processing plant, where cutters reduce a boatload of fish into boneless fillets in a few hours.

Aquaculture, the science of breeding and rearing fish in captivity, now accounts for a sizable, consistent supply of inexpensive fresh-water trout and catfish. And the farming of other species is in development stages. In the Northwest and Alaska, salmon populations are being restored with ocean ranching: fish are grown to minnow-size in hatcheries, then released into streams and rivers from where they go to sea, to return years later when mature and ready to spawn.

More of the fish we eat now is fresh. Refrigerated trucks bring it overnight from ports such as Eureka, California, and Newport, Oregon, to wholesale distributors in Western cities. And fresh fish arrives regularly from Alaska, our East and Gulf coasts—even from Europe and New Zealand.

Some fine-tasting fish have soft flesh that deteriorates so rapidly after it's caught that quick-freezing is the best way to preserve its quality. We're woefully short of adequate local freezing facilities in some areas; that's why great quantities of pollock, cod, and yellowfin sole in the Gulf of Alaska have gone virtually unharvested by American fishermen.

Large ships called factory ships, equipped to process and freeze fish at sea, are one answer. Japan, Russia, and other countries have pioneered their use. Now one of our own ships, the *Arctic Trawler,* is operating in the North Pacific to supply markets with frozen cod and pollock.

Guide to buying and cooking fish

It pays to be flexible when you shop, so you can choose what's freshest and the day's best buy. But market names can be confusing and overlapping, making it difficult for you to tell which fish is which.

1 • *Dock crew works swiftly to unload catch of rockfish when "Regina" reaches home port in Everett, Washington*

2 • *Fish move directly into dockside processing plant where most will be cut into fillets, some selected to sell whole*

Why is fish fresher today? Follow a rockfish from Washington to Colorado

Our pictures of 49 fish on the next eight pages will help. Each is shown in its whole form at (unless otherwise noted) about its usual market size.

Most fish sold now is ready to cook. It's either cut into *fillets*—the fleshy sides of fish cut away from backbone and ribs—or *steaks*—cross-section slices. Small whole fish may be *dressed* or *pan-dressed*—eviscerated (or *drawn*) and scaled, often with fins, head, and tail removed.

The best ways to cook fish depend largely on how thick and firm (or dense) the cuts are. They range from thin, delicate sole to thick, meaty swordfish, with cod, salmon, and many other fish falling in the middle.

PETER CHRISTIANSEN

***With one swift,** smooth motion, skilled cutter slices fillet off Dover sole, then cuts it away from skin. Fillets pass through automatic air freezer at Eureka Fisheries, where they're individually quick-frozen with a protective ice glaze*

3 • *She's packing whole red rockfish in watertight box with gel ice to ensure they'll stay cold during journey from seaside to market*

4 • *Later that day, packed with other fish in refrigerated container, rockfish are loaded aboard cargo liner at Seattle airport*

5 • *Early the next morning, rockfish arrive at Superior Seafood market in Denver, where they will be sold as fresh whole Pacific snapper*

Even if you don't know the identity of your purchase, these observable characteristics can help you decide how to cook it.

Our guide separates market fish into groups according to their thickness and density, and suggests the best basic cooking methods for each group.

In general, fish is considered a low-fat source of protein. However, there are differences in fat content that do affect taste and texture. Also, the flavor—from mild to pronounced—influences which cooking methods and types of seasonings will be most successful. Fish in the medium-dense group in this guide divide into two distinct flavor groups—the moderately mild and more strongly flavored.

Group I: thin and delicate

Sole, flounder, turbot, and halibut belong to a unique family of flatfish. They have platter-shaped bodies and eyes curiously placed both on the same side of the head. Their meat is white, very lean, and mild, and all but halibut are thin and tender.

As you buy them at the market, most sole fillets are less than ½ inch thick. Small varieties are sold whole or *pan-ready*—trimmed deeply on both edges to remove fin bones. Flounder and turbot fillets are a little thicker, and California halibut can grow large enough to be cut into steaks.

Best cooking methods. Sole needs the gentlest cooking of all; at *Sunset* we cook sole fillets on one side only. When you fry, use a simple flour coating to aid browning.

Thicker cuts of flounder or turbot may be floured or covered with a crumb, cornmeal, or egg wash coating before frying; brown them on both sides. Oven-browning and foil cooking also work well.

Try our easy frying-pan technique for poaching any of the flatfish. Buttery sauces enhance the lean, mild meat.

Your nose knows if it's fresh

When it comes to fish, quality depends on freshness. But the way the fish is *handled* from the moment it comes out of the water is far more important than the actual time it takes to reach market. If landed alive and unbruised, immediately bled, cleaned, packed in ice, and held at close to 32°, a fish can stay fresh for 10 days. If improperly handled and allowed to stand on a boat deck or dock, it might be unfit to eat in a few hours.

Your nose is the most reliable gauge. The fish should smell like a fresh ocean breeze. Beware of any disagreeable, sweet, or ammonia-like odors. Sometimes you can detect a strong odor by smelling the package of fresh fish in self-service markets. If you bring home strong-smelling fish, return it to the market right away.

Check appearance, too. Fresh fillets and steaks have a moist, lustrous appearance, called "bloom" in the trade. They look clean-cut, as if just placed in the case or tray. Check to see if liquid has accumulated in packages of fish and avoid any with much liquid, especially if it's cloudy or off-white in appearance.

The gills of whole fish should be clean and red, not sticky and gray. The scales should be shiny and hold tightly to the skin. When you press the flesh with your finger, it should feel firm and elastic.

At home, unwrap the fish, put it in a container, cover with a wet cloth or wet paper towels, and store it in the coldest part of your refrigerator, ideally at 32° to 35°. Plan to use it the same day if possible, but within two days at most.

Next to truly fresh fish, frozen fish is best. We recommend cooking it in its frozen form—because fish that is cooked right from the freezer is moister and tastes fresher than fish that's thawed before cooking. But realize that most markets thaw frozen fish before putting it out in the cases, so you may need to ask your dealer for fish that has not been thawed.

Always check packages of frozen fish for signs of mishandling, such as a buildup of ice crystals, discoloration, or drying, especially around edges.

At home, date commercially packaged frozen fish and store it in your freezer at 0° or colder; plan to use it within two months for best flavor. When thawing is required for a particular preparation, defrost fish slowly in the refrigerator or quickly in a microwave oven using the defrost cycle. Don't thaw it at room temperature or in warm water.

Fish profiles

Pacific sole are caught all year from Mexico to Alaska, with peak production from March to October. Of the six important varieties, *petrale* is the first choice for fillets, *sand sole* a close second, and *English* third (it sometimes tastes iodinish). The most plentiful, *Dover*, has softer flesh than other varieties, but Dover from shallow water is firmer than deep-water fish. Most frozen sole is Dover. *Rex* and *sanddabs*, the smallest sole, are top choice of many

Starting here, 49 fish now in Western markets. We divide them into 4 main groups

connoisseurs; they're usually sold whole or pan-dressed.

Eastern and imported sole. When Pacific sole isn't available, markets often sell fresh *Eastern sole* fillets at prices comparable with petrale. It may be called *lemon, yellowtail,* or *gray* sole or *sea dabs*. The only true sole comes from Europe; don't confuse imported English or Dover sole with local sole having the same names. The meat of Eastern and imported sole is usually a little firmer than local sole, but cook both the same way.

Flounder. Their meat, in general, is coarser in texture than sole. *Arrowtooth flounder,* often called *turbot,* has such soft flesh it's usually sold frozen. *Fluke* is the common name for *summer flounder,* an Eastern fish sometimes sold here; in taste and texture it edges out Pacific flounder.

California and Mexican halibut often weigh as much as 15 to 20 pounds and can be cut into steaks resembling *Pacific halibut*—a fish of higher quality, with finer texture and firmer meat (see page 85). Markets may label it simply "halibut." Although not as good as their northern cousin, California and Mexican halibut are tasty, mild fish; they're almost always sold whole. Because the supply is limited, they're often priced about the same as Pacific halibut.

Group II: medium-dense, light meat

The fish pictured on pages 81 and 82 are medium thick and medium firm. They're part of a large and varied group of freshwater and salt-water species, some familiar, others not.

This group includes most of the fish sold

***California halibut** (about 7 lbs. each) show the almost white underside and dark topside typical of flatfish*

PETER CHRISTIANS

GROUP I These fish ar

whole—from frying-pan-size to roasting-pan-size. Fillet and steak cuts of these fish are usually ½ to 1 inch thick. They have white or light-colored meat and are very mild to moderate in flavor. A smaller group of medium-dense fish (Group III, shown at top of page 84) have darker meat and more pronounced flavor.

Best cooking methods. Steaks and fillets are good poached, cooked in foil, or oven-browned. When you pan-fry, a coating like our crumb or egg wash adds flavor and texture and improves browning.

Small whole fish are good pan-fried, using a flour or cornmeal coating. Or poach, bake, or barbecue them. Larger whole fish or chunks can be baked or cooked in foil.

The oiliest fish—sablefish, yellowtail, mahimahi, and salmon—are best for barbecuing. You'll need to support the fillets and steaks of most medium-dense fish to keep them from breaking apart and falling

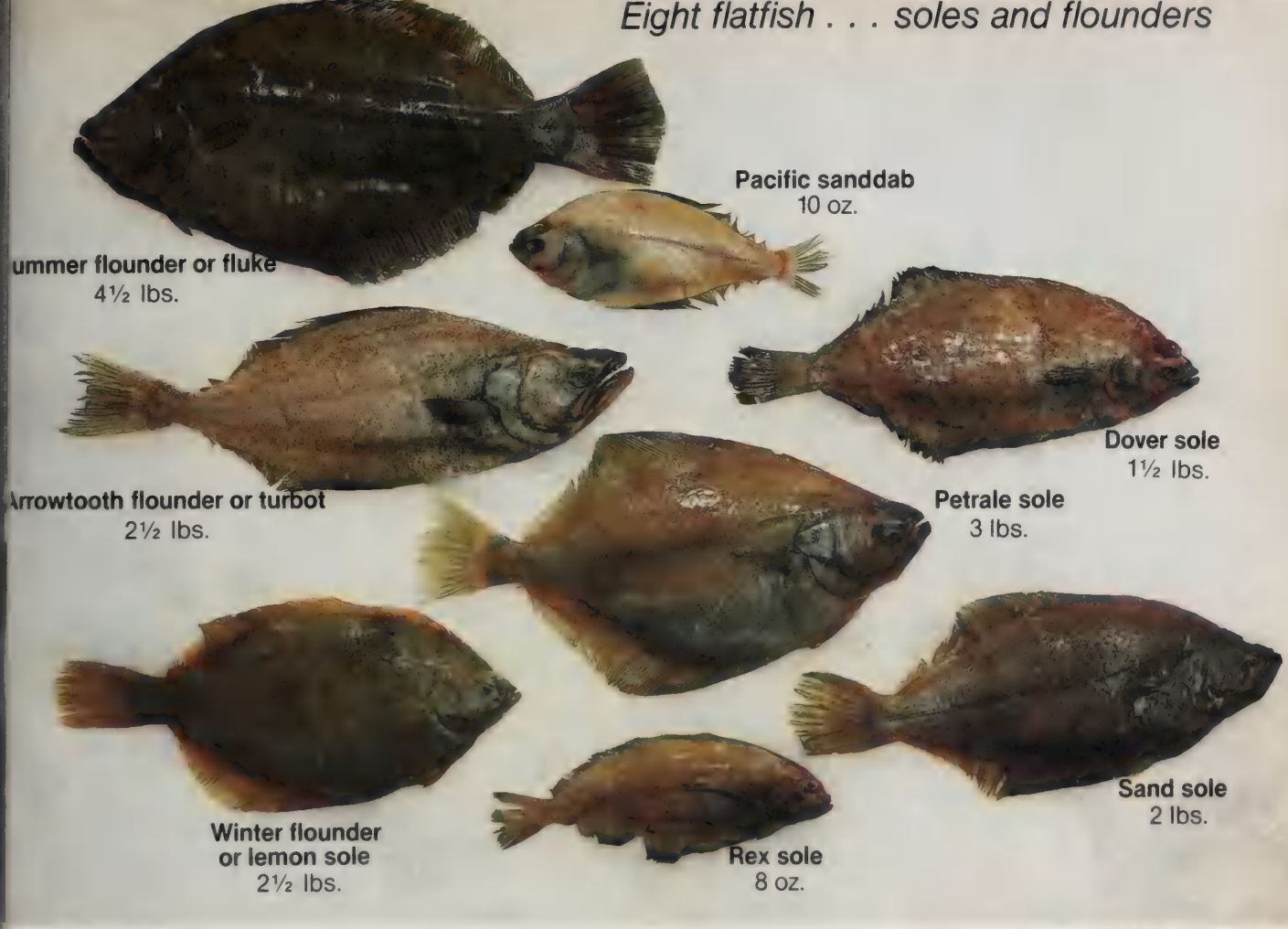
Dealing with bones, before and after cooking. First a lesson

Fish bones, especially the tiny ones, worry some people.

One solution is to buy big fish, for they tend to have a simple structure with few bothersome small bones. Swordfish is almost free of them. Shark and sturgeon skeletons are primarily cartilage rather than bone.

When you know where the bones are hiding in smaller fish, it's easier to avoid them. Flatfish, shown above, have two rows attached to a flat center bone—like a comb with teeth on both sides. They're easy fish to fillet. Small sole, such as rex and sanddabs, are often trimmed deeply on both edges to remove fin bones; then the cooked fish can be neatly boned at the table, as shown at right.

Eight flatfish . . . soles and flounders



GLENN CHRISTIANSEN

ıin, lean, delicate in flavor. Think of sole, flounder

through the grill; we use a piece of perforated foil (see page 82).

Fish profiles

The cod family includes *haddock* and *pollock*. Since colonial times, Atlantic cod and haddock have been important food fish in America. *Pacific cod* (often called *true cod*) and pollock are found primarily from Washington to Alaska. The cods have tender white flesh that's low in fat and very mild. Cod freezes well, and much of the catch is sold as frozen fillets. *Scrod* is an Eastern term for small cod or haddock; sometimes you can buy it here fresh.

Lingcod, a Pacific fish, is not actually cod but belongs to the greenling family. Its flesh is lean and mild, like cod, but firmer. Many consider it one of our finest eating fish, yet it's modestly priced. Fresh lingcod is available all year, but it's most plentiful in California from April to October, in the Northwest from October to May.

Rockfish. Sold as *Pacific snapper, red snapper, Pacific ocean perch, rock cod,* and numerous other local names, rockfish are plentiful all year at reasonable prices. With lean, flaky-firm meat and delicious mild flavor, they adapt well to all cooking methods.

Of the 50 or more species found along the Pacific Coast, about a dozen with red or orange skin may be sold as Pacific snap-

fish anatomy

Fish in the tuna family (see page 82) also have unique bone structures. Four rows radiate like spokes from a thick bone running through the center of their submarine-shaped bodies, dividing the flesh into four triangular boneless sections called loins.

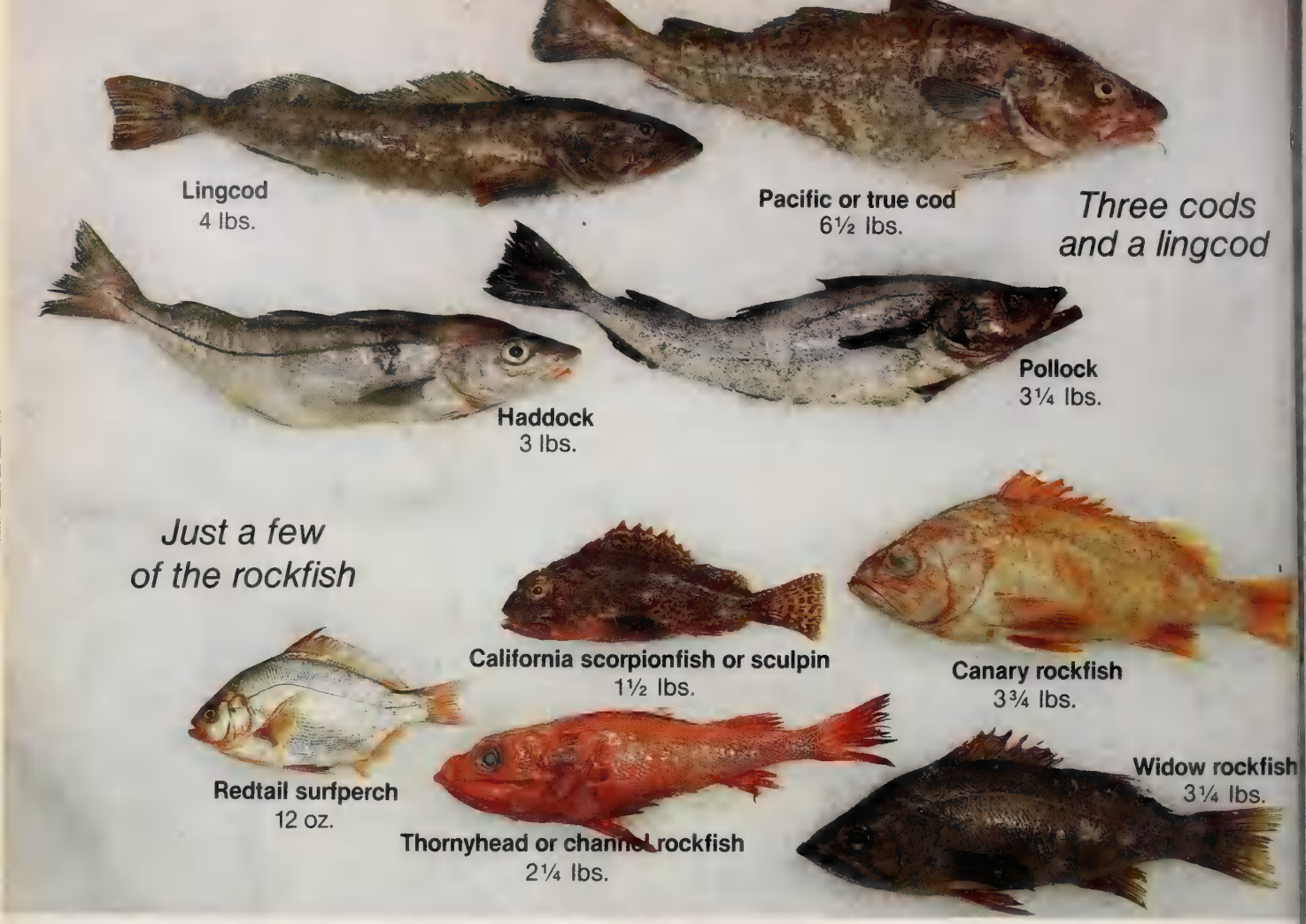
Most other fish have more complex bone structures, like that of the perch shown at left. The tail section usually has the fewest small bones, the collar area the most.

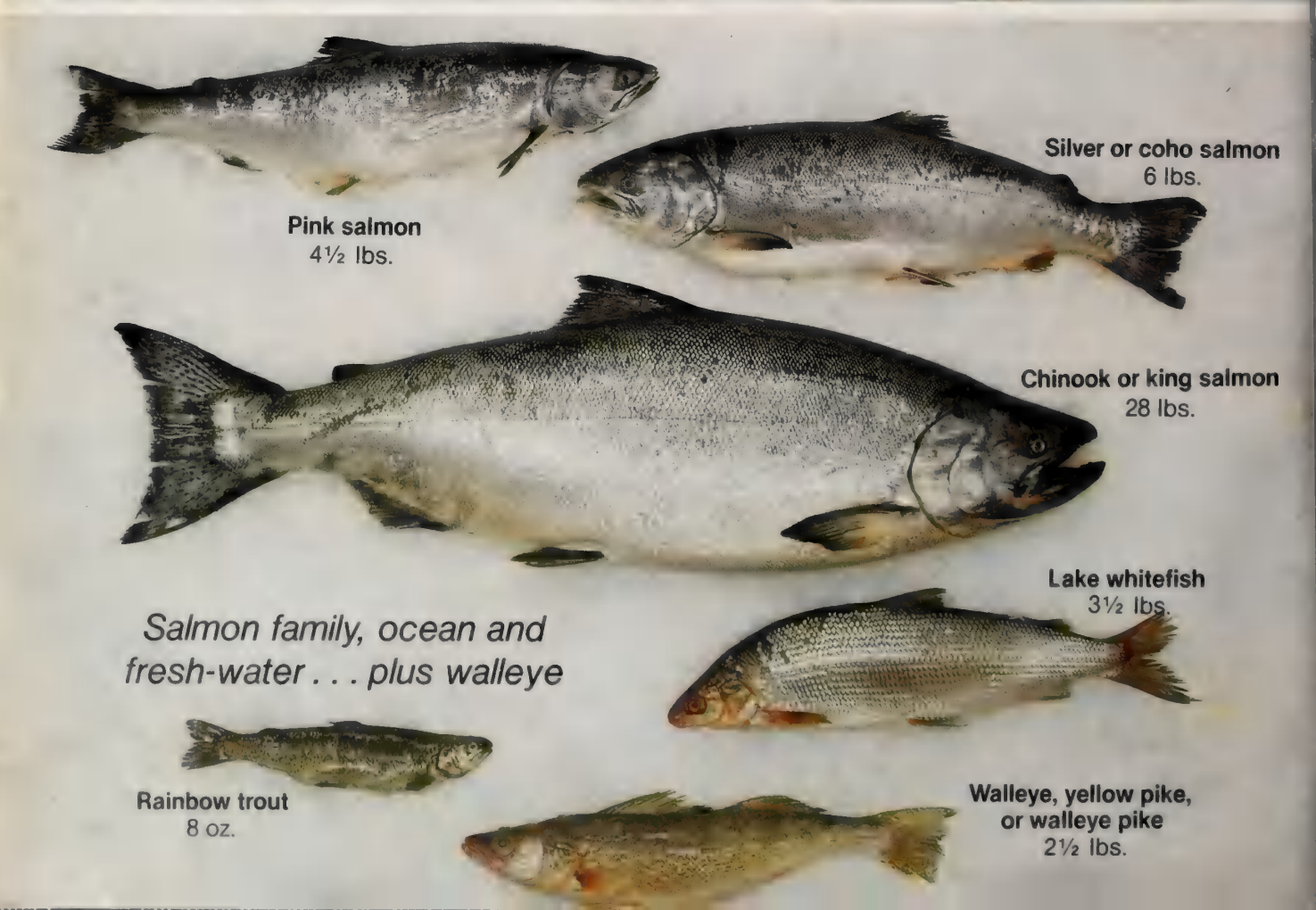
By running your finger over a fillet or steak, you can locate small bones and simply pluck them out with tweezers or pliers; some markets will do this for you. Before serving a cooked whole fish, lift out fins and many of the small bones will come out with them.

DARROW M. WATT

1 • *To bone a trimmed sole, run knife along center crease to backbone; slide quarter-fillets off each side*

2 • *Grasp bone at tail end and lift off, using knife to ease meat from bone; set top fillet back in place*


Lingcod
4 lbs.
Pacific or true cod
6½ lbs.
Three cods and a lingcod
Haddock
3 lbs.
Pollock
3¼ lbs.
Just a few of the rockfish
California scorpionfish or sculpin
1½ lbs.
Canary rockfish
3¾ lbs.
Redtail surfperch
12 oz.
Thornyhead or channel rockfish
2¼ lbs.
Widow rockfish
3¼ lbs.


Pink salmon
4½ lbs.
Silver or coho salmon
6 lbs.
Chinook or king salmon
28 lbs.
Lake whitefish
3½ lbs.
Salmon family, ocean and fresh-water . . . plus walleye
Rainbow trout
8 oz.
Walleye, yellow pike, or walleye pike
2½ lbs.

GROUP II

These have white or light meat, mild to moderate flavor. Often sold whole

per, and one species is officially called Pacific ocean perch. Their white flesh streaked with red tones makes these fillets more popular than less-colorful species that may be just as tasty and cost less.

Most rockfish is sold as skinless fillets, but whole fish are now readily available. Some small varieties are sold as skin-on ocean perch fillets. One fine-tasting but very ugly small fish in the same family as rockfish, the *scorpionfish* (usually called *sculpin*), is caught and sold in Southern California. Its spines are very poisonous, but markets normally trim them off; if not, handle these fish carefully and cut off the spines with heavy scissors.

Surfperch. These small pan-size fish are sometimes confused with rockfish called ocean perch. They are not related. Surfperch have rather coarse-textured meat, undistinguished in taste; it doesn't compare in quality to rockfish.

Salmon live most of their lives in salt water, then head instinctively to the freshwater streams where they were born, to spawn and die. Their eating quality diminishes as they migrate into bays, then rivers and streams. Fish caught with hook and line (trolling) are regarded as superior to net-caught fish, which bruise more easily; however, better netting techniques are lessening these quality differences. The last two years have seen fewer premium troller-caught *chinooks* and *silvers*, and an abundance of net-caught *pinks*.

Chinooks (also called *kings*) are the largest salmon and the scarcest. Their meat varies from red to almost white; it's soft and rich in oil. Chinooks are delicious poached or baked, and make excellent smoked salmon or lox. Some kings are caught all year in Alaska, but the biggest runs are spring into midsummer.

Silvers (also called *cohos*) have medium-red flesh; they are smaller, and the meat is less oily and firmer than kings. They're ideal for cutting into steaks or fillets to barbecue or broil. Silvers are usually available from midsummer into fall.

Pink salmon are the smallest and most abundant. Their flesh is leaner and softer than silvers; it's good poached or baked, but not as good smoked or barbecued. Because of big catches of pinks in Alaska in recent years, many have been frozen and marketed at inexpensive prices.

Sockeyes are rich in fat and have deep red flesh that doesn't fade when cooked or canned. As a result of better transport from Alaska, we are seeing more fresh and frozen sockeyes all over the West.

Chum (or *keta*) salmon runs are in fall; their meat is pale pink, low in fat, and less flavorful than other species. Chums are best smoked, poached, or pan-fried.

Whitefish and Eastern lake trout, two fresh-water members of the salmon family caught in the Great Lakes area, are especially popular in Los Angeles markets. Their meat is quite oily and richly flavored. In market sizes from 1½ to 6 pounds, they're excellent for baking. Fillets are good broiled or barbecued.

Two fish called pike, from the Great Lakes, are sold here. The one called *Northern pike* or *pickerel* is a true pike. The *walleye*, called *walleye pike* or *yellow pike*, is actually a large perch. Both have lean, white, mild meat, but the walleye is considered superior, with firmer flesh and more delicate flavor. They are sold whole in 2- to 10-pound sizes, and filleted.

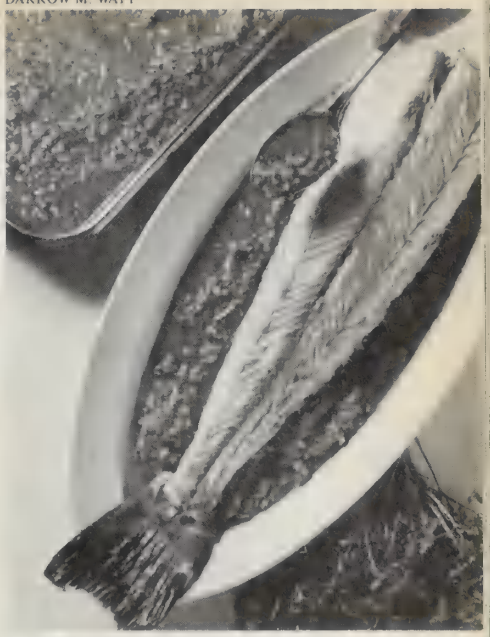
Corvina and weakfish. Two similar Pacific fish, the *shortfin corvina* and the *California corbina* (also called *California whiting*), and the *gray sea trout* from the Atlantic coast are in the same fish family—they're called *croakers* in the West and *weakfish* in the East. The meat is lean, white, fine-textured, with a delicious mild flavor; but it is especially soft and fragile, so the fish must be kept well chilled. Most corvinas are caught and sold locally in Southern California.

Sheepshead and scup belong to a family of Atlantic fish called *porgies*. They're caught all year, most abundantly in spring. Although some are 5 pounds or larger, most are pan-size. Porgies have lean meat with flavor and texture something like crabmeat. The skin has thick scales, but if fish are scaled the skin is tender enough to eat.

Farmed fish. Several pan-size fish—*rainbow* and *steelhead trout, baby salmon, catfish,* and less-well-known *tilapia*—are now farm-reared and available all year. Trout, mostly from Idaho, are among today's best buys, selling at almost the same price they were 25 years ago. They're available fresh or frozen in uniform 6- to 16-ounce sizes. Boned fresh trout is a specialty of some markets. Baby salmon are raised in pens in Puget Sound.

Catfish are plentiful and inexpensive. They have thick skin that should be removed before eating; it is best to buy it already skinned, if available. The meat is fine-textured and mild, sometime with a slight earthy taste. Tilapias, introduced here from Africa, have white, lean, and moist meat with sweet, nut-like flavor.

DARROW M. WATT



With fins and top skin removed, baked lingcod in vegetable sauce (see recipe on page 87) gets a spooning of the pan sauce

Three fish called bass. Many "bass" are actually something else. *White seabass*, in the croaker family, are caught off Southern California and Northern Mexico from about mid-May into fall. They're in great demand by both commercial and sport fishermen, and unfortunately their numbers have declined in recent years.

Tilefish, from the Atlantic Coast, is the family name as well as a market name for these fish, but they are also called *Eastern sea bass* and *tile bass* here. Like white seabass in quality, they're often in good supply at attractive prices.

Striped bass are true bass, native to the Atlantic. Planted in the Pacific in 1879, they now range from Oregon to Southern California. These prized fish are reserved for sportfishing in both California and Oregon; however, some striped bass from the East are sold here. And a few are now being pond-reared in California.

The three bass-like fish are all sleek and handsome, characterized by lean, white, mild meat that is tender but firmer than most of the fish in Group II.

One-of-a-kind fish. *Sablefish* (commonly called *butterfish* or *black cod*) are very fat, giving them an unusual velvet-soft texture. These plentiful fish, caught all along the Pacific Coast, are available all year. They make excellent smoked fish, sold as *smoked* or *kippered black cod* or *Alaska cod*. Sablefish fillets are at their best grilled over a low, smoky fire; try them with our ginger-soy marinade.

Yellowtail, sold mainly in Los Angeles and San Diego, are both firmer- and darker-meated than other fish in this

DARROW M. WATT

MORE GROUP II
Big and mild bass. Plus 10 more that look different but cook alike

***Buttery sablefish** and full-flavored mackerel are good choices for smoke-barbecuing. Perforated foil keeps tender fillets secure on grill but lets oils drip through (see page 87)*

group. They're quite fat and richly flavored. The supply fluctuates from year to year, but they are most available from summer into early fall. Yellowtail are especially good barbecued or smoked, but they're versatile enough to cook by other methods as well.

Mahimahi is a common name for *dolphinfish* (not related to mammals called "dolphin," which belong to the porpoise family). These colorful fish have distinctive texture: firm, yet moist and flaky. The meat is delicious, sweet, and mild. Mahimahi are caught with hook and line in tropical and subtropical waters around the world, but are nowhere really abundant. They're especially popular in Hawaii, where efforts are being made now to farm-rear them. Skinned fillets are available frozen and sometimes fresh.

Monkfish (not shown) are strange-looking fish with huge heads, caught along the Atlantic coast. Only the tail section—a thick, tapering fillet—is eaten. Called *lotte* in France, these fish are prized by European chefs and are rapidly gaining popularity in the West. Their sweet, succulent meat is surprisingly similar to lobster in texture and taste; it's excellent poached and served with a buttery sauce or cold in salads.

Orange roughy (not shown), perch from New Zealand, are sold now in some Western markets. The inexpensive frozen fillets, sometimes sold as *New Zealand white perch*, have snow-white flesh resembling rockfish in texture but with a delicious sweet flavor rather like petrale sole.

Group III: medium-dense, darker meat

The tuna (or mackerel) family of fish dominate this group, pictured on page 84. Tunas are big, so they're cut in thick steaks—usually 1 inch or more thick. Other fish in the group are small, suitable to cook whole or as fillets.

Fish in the tuna family, including the small *bonito* and *Pacific mackerel*, have streaks of strongly flavored dark meat running lengthwise through their bodies; if these are cut out, the meat tastes milder. Another peculiarity of tunas: their meat is soft when raw, but firms up as soon as it begins to cook.

Best cooking methods. The smoky flavor of barbecuing complements all these robustly flavored fish. Small whole fish and fillets or steaks are good pan-fried; use flour, crumb, or cornmeal coating, if you wish. Or poach with good results. Zesty sauces, such as our tomato-caper sauce on page 86, set off their flavors.

There's no need to coat albacore and other tuna steaks for good browning when you fry them; also consider poaching or baking. Larger whole fish and thick steaks are good baked, poached, or cooked in foil. Use cold cooked tuna or bonito as you would canned tuna.

Fish profiles

Tunas range in size from 10- to 25-pound albacores to 400- to 600-pound bluefins. *Albacore* meat is white. The meat of *yellowfin, skipjack,* and *bluefin* is red when raw, turns light tan when cooked.

The season for fresh albacore is about July to October. They're especially messy fish to clean. If you buy one whole, have it trimmed and cleaned or have it cut into steaks to broil or barbecue.

Pacific bonito. You'll recognize the family relationship when you taste the cooked meat of these miniature tunas. Many prefer the milder-tasting bonito to tuna. They're also usually more widely available and less expensive than fresh tuna. Have one trimmed and cleaned to cook whole, or cut in steaks or fillets to pan-fry, poach, or barbecue.

Mackerels. We have two principal species on the West Coast. The *Pacific* (also called American, chub, or blue) *mackerel*, in the same family as tuna, has the strongest flavor and darkest meat. *Jack* (or Spanish) *mackerel*, in the jack family, is smaller and its meat is milder and less oily. Both mackerel are good smoked.

Pacific barracuda are caught and sold fresh in Southern California. The industry sets a yearly quota that usually results in a month-long season in early summer.

Atlantic species are sometimes toxic, but Pacific barracuda are not only edible, they're distinctive in flavor. Buy whole, in steaks, or filleted. Barbecued thick steaks are excellent.

Striped mullet, from the South Atlantic and Gulf, are available from about July to January. They're lean to fat, depending on the season. About ⅔ of each fillet is white meat, with mild, nut-like flavor; about ⅓ is darker with more pronounced flavor. Buy whole or filleted.

Group IV: thick and dense fish

These big fish are pictured on pages 84 and 85. Not surprisingly, their steaks and boneless slices are thick—usually 1 to 1½ inches. The meat is firm and often meat-like in texture. Flavors are distinctive, but none are strong.

Best cooking methods. These sturdy cuts brown nicely in a frying pan without any coating. You can put them directly on a greased grill and they won't break up or fall through. The meat holds firmly on skewers, so they make excellent kebabs.

White seabass
16 lbs.

Tilefish
8¼ lbs.

Striped bass
6 lbs.

Three big fish called bass

Ten more, tiny tilapia to big mahimahi

Sablefish, butterfish, or black cod
3½ lbs.

Yellowtail 23½ lbs.

Sheepshead or porgy
2½ lbs.

Shortfin corvina 2¼ lbs.

Scup or porgy
1 lb.

Gray sea trout or weakfish
2¼ lbs.

Tilapia
8 oz.

Mahimahi or dolphinfish
22¼ lbs.

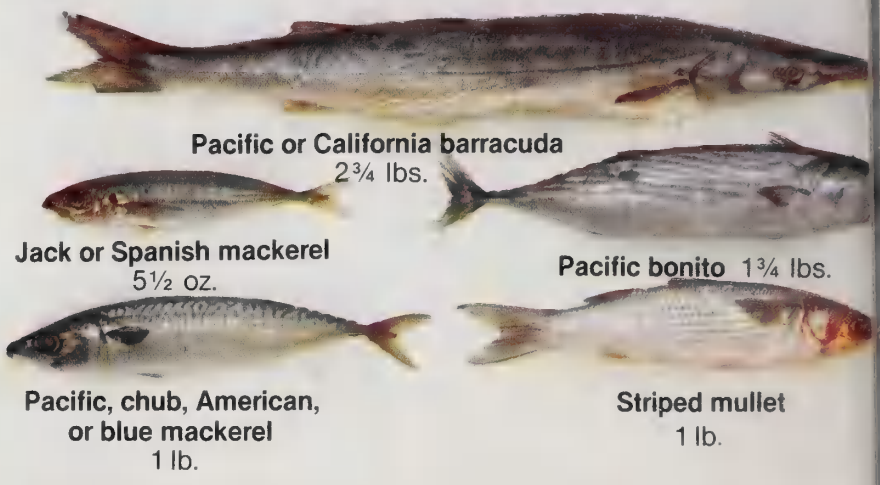
Northern pike or pickerel 2½ lbs.

Channel catfish 2¾ lbs.

GROUP III
Large or small fish with darker meat, robust flavor

GLENN CHRISTIANSEN

Tuna relatives and tuna-like fish



GROUP IV The biggest, meatiest fish. Usually

Splendid catch *of white sturgeon (28 and 40 lbs.) came from the Columbia near Portland. Demand exceeds supply for these fine fish*

Thresher shark *(about 220 lbs.) and 20-pound baby grouper bass (they can grow to 700 lbs.) are part of catch at a San Diego pier*

Steaks and large boneless chunks are good baked, poached, or cooked in foil.

Fish profiles

Swordfish. There's only one species, but it's found in many areas of the world. Swordfish appear off the Southern California coast yearly, as early as May or as late as August. From then through October, the fresh fish are most plentiful and least expensive here. At other times, we get some fresh swordfish from the East Coast and markets sell frozen steaks. Swordfish meat is moderately fat and richly flavored.

Shark is the modestly priced alternative to other firm, dense fish. Although leaner, its meat compares with swordfish in flavor. *Thresher, soupfin, mako* (sometimes called *bonito),* and *leopard shark* are popular species. And commercial fishermen have begun to harvest the plentiful *Pacific blue shark.*

Because they don't have a bony structure like other fish (see page 78), sharks are essentially bone-free. They must be bled and cleaned as soon as landed; otherwise they take on a disagreeable ammonia-like odor. If you detect this, soak the meat in milk, buttermilk, or ice water for 30 minutes before cooking.

Pacific or Northern halibut, largest of the flatfish, were overfished for many years. The fishery is now carefully regulated, with quotas set for the different areas of the North Pacific where they're found. We get fresh halibut only from about May to October; the rest of the year they are frozen. Halibut meat is white, fine grained, lean, and mild.

Grouper bass. Numerous species of large sea bass—all with big, thick heads—are found in various parts of the world. Sometimes called *baquetta, giant sea bass,* or *black sea bass,* they come from the Gulf of Mexico, New Zealand, Florida, and the Pacific south of California. Sea bass meat is white, lean, and mild. Never plentiful, they're most available here from about March to late fall.

Sturgeon are the largest fresh-water fish in the world (a 1,500-pounder was caught in the Snake River in 1928). Sturgeon were fished almost to extinction here in the late 1800s. They've slowly come back, but they are still not plentiful. They're found from Mexico to the Gulf of Alaska, but it's illegal to catch them commercially in California.

Most of our market sturgeon come from the Columbia River system. Except for May through July, the season is open and you'll find them sporadically available, especially in the Northwest. Sturgeon are fat fish, moderately mild, with meat-like flesh. They're excellent smoked. □

hey are cut into steaks

NORMAN A PLATE

Swordfish on display: this 75-pound pup (typically, they're 200 to 400 lbs.) was aken off the California coast in summer

***This 250-pound prize halibut** on Seattle dock, landed in August 1966, was estimated to be 23 years old*

How to cook fish . . . the basics

These six remarkably simple cooking techniques—pan-poaching, pan-frying, oven-browning, cooking in foil wrap, baking, and barbecuing—can give you an extensive repertoire of fish lunches and dinners. Whether you need a hurry-up meal with fish from the freezer or a fine company entrée, you'll find answers here.

The key to success in cooking fish is learning to judge when it's done. Fish cooks so quickly that it's easily overcooked, losing moisture and flavor. Many recipes recommend cooking it until the meat flakes easily when prodded with a fork, but our testing indicates cooking to this stage is usually too much for optimum flavor and juiciness.

How to judge doneness. As fish cooks, the flesh changes from translucent to opaque. This is something you can see. Cook thin fillets on one side only, just until the tops look milky white. Cut a small slit into the center of thicker fillets, steaks, and whole fish; when they look just slightly translucent (or wet) inside, take them off the heat. They will cook a little more from the retained heat.

When cooking large fish, you can insert a meat thermometer into thickest part, parallel to but not touching the backbone; cook to an internal temperature of 120°.

Pan-poaching . . . a shortcut technique

Compared to the classic way of immersing fish in poaching liquid, this technique is a breeze. You cook fresh or frozen fish in a little broth; when it's cooked, boil down the broth to a succulent sauce.

To pan-poach fish: For 3 or 4 servings, rinse and pat dry 1 to 2 pounds **fresh fish fillets, steaks,** or **small, pan-dressed whole fish** (up to about 1½ inches thick). Or rinse **individually frozen steaks, fillets,** or **packaged frozen fish** in cold **water** to remove ice glaze.

In a 10- to 11-inch frying pan, melt 1 tablespoon **butter** or margarine over medium heat. Add 2 or 3 **green onions** or 2 shallots (finely chopped) and 1 clove **garlic** (minced or pressed). Cook, stirring, until limp, about 3 minutes. Add ½ cup **regular-strength chicken broth** and bring to a boil; arrange fish in pan in a single layer or set frozen block of fish in pan.

Reduce heat, cover pan, and simmer until fish tests done. For thin (¼- to ⅓-inch-thick) fillets, allow 3 to 4 minutes; add 1 to 2 minutes if frozen. For ½- to ¾-inch-thick pieces, allow 4 to 6 minutes; add 2 to 3 minutes if frozen. If 1 to 1½ inches thick, allow 8 to 12 minutes; add 5 to 10 minutes if frozen. Cook a 1- to 1¼-pound

NORMAN A. PLATE

Chef Arturo Lionetti pan-fries rockfish fillets coated with a wash of egg and Parmesan cheese to give a golden brown finish

Cooking fish can be remarkably simple. Use our chart to choose the best techniques for each kind

package of frozen fish 15 to 18 minutes.

With a wide spatula, remove fish to a warm plate; cover and keep warm. Boil pan juices (with any liquid that accumulates on serving plate) over high heat until reduced and thickened. Season to taste with **salt, pepper,** and **lemon juice;** pour over fish. Serves 3 or 4.

Pan-frying . . . quick and versatile

To add variety easily, coat the fish before it's fried and embellish it afterwards with a quick sauce. The one essential is a frying pan that heats evenly. You can fry frozen fish without defrosting. For company dinners, you can prebrown fish, then finish cooking it in the oven just before serving.

To pan-fry fresh fish: For 3 or 4 servings, rinse and pat dry 1 to 2 pounds **fresh fish fillets, steaks,** or **small pan-dressed whole fish.** If you wish, cover fish with a **coating** (directions follow).

In a 10- to 11-inch frying pan, heat **salad oil** (about ⅛ inch deep) over medium heat until hot but not smoking. Arrange fish in pan (fillets with skin side up). If pieces are less than ½ inch thick, cook 2 to 4 minutes or until tops test done; turn pieces over and immediately start removing from pan. If ½ to ¾ inch thick, cook on both sides until they're browned and test done, 4 to 8 minutes total. If 1 to 1½ inches thick, allow 10 to 15 minutes. Serve or keep warm while preparing a **sauce** (see "Quick finishes for fish," following). Serves 3 or 4.

To pan-fry frozen fish: Rinse **individually frozen fillets** or **steaks** in cold **water;** pat dry. Thaw a 1-pound **package of frozen fish** at room temperature about 15 minutes or just until block can be cut across into 3 or 4 pieces. Following the preceding directions for pan-frying, either dredge fish in **all-purpose flour** or dip one side at a time first in **milk**, then in **crumb** or **cornmeal coating** (below). If fish is less than ½ inch thick, increase heat to medium-high; allow 5 to 6 minutes to cook. If ½ to ¾ inch thick, fry on medium heat and allow 6 to 8 minutes. If 1 to 1½ inches thick, reduce heat to medium-low and allow 20 to 25 minutes.

To prebrown fish and finish later: Fish cuts should be at least ½ inch thick. Following directions for pan-frying, coat **steaks** or **fillets** with **golden egg wash** (right). Increase heat to medium-high and fry fish about 1 minute on each side or until golden brown. Remove from pan and arrange, slightly overlapping any thin edges, in a shallow rimmed baking pan or pans, as needed; set aside up to 1½ hours.

To serve, put in a 375° oven, uncovered; bake ½-inch-thick pieces about 8 minutes, ¾- to 1-inch-thick pieces about 10 minutes, 1- to 1½-inch-thick pieces about 15 minutes or until fish tests done.

Coatings: some useful choices

To flour fish, dredge in about ½ cup **all-purpose flour** to coat all over; shake off excess and set fish aside.

For crumb or cornmeal coating, dip fish in about ½ cup **milk** (in a shallow bowl), then dredge in ½ cup crushed **seasoned croutons** or mixture of ¼ cup *each* **yellow cornmeal** and **all-purpose flour;** set aside.

For golden egg wash, beat together in a pie pan 2 **eggs,** 1½ tablespoons grated **Parmesan cheese,** and 1 tablespoon minced **parsley;** dredge fish first in about ½ cup **all-purpose flour** and set aside, then coat each piece in egg mixture just before frying.

Quick finishes for fish

You can serve these sauces over fried or foil-cooked fish; each sauce makes 4 to 6 servings.

Browned butter. In an 8- to 9-inch frying pan, heat ¼ cup (⅛ lb.) **butter** or margarine over medium-high heat until it melts, foams, and starts to brown. Remove from heat and stir in 2 tablespoons **lemon juice** and 1 tablespoon finely chopped **parsley** (optional).

Almond browned butter. Follow directions above. When **butter** foams, add ¼ cup **sliced** or slivered **almonds** and stir until nuts begin to brown. Remove from heat and add **lemon juice**. Omit parsley.

Tomato-caper sauce. In a 9- to 10-inch frying pan, melt ¼ cup (⅛ lb.) **butter** or margarine over medium heat. Add 1 medium-size **onion**, chopped, and 1 clove **garlic**, minced or pressed. Cook, stirring, until limp, about 5 minutes. Add 1 can (about 14 oz.) **Italian-style tomatoes** (break up with a fork) and 2 teaspoons **capers**. Simmer uncovered, stirring often,

DARROW M. WATT

***Easy way** to poach fish: arrange steaks or fillets in a shallow pool of simmering onion broth, cover the pan, and cook—these salmon steaks were done in about 6 minutes. Remove steaks from pan, then quickly reduce cooking broth to a rich sauce to spoon over warm fish. You can cook frozen fish the same way*

A choice of easy ways to cook each group of fish

	Pan-poach	Pan-fry	Oven-brown	Cook in foil	Bake in sauce	Barbecue
roup I in and delicate	Yes	Yes	Thicker cuts of flounder, turbot			
iroup II ledium-dense, light	Yes	Yes	Yes	Yes	Yes	Best for oiliest fish
iroup III ledium-dense, arker	Yes	Yes		Yes	Whole fish and thick cuts	Yes
iroup IV hick and dense	Yes	Yes		Yes	Yes	Yes

until reduced and thickened, about 10 minutes. Stir in 1 tablespoon **lemon juice** and 2 tablespoons minced **parsley**.

Oven browning . . . no need to hurry

Fish gets crusty brown without careful watching when you cook it in the oven.

To oven-brown: Choose **fresh** or **individually frozen fish steaks**, or **fillets** that are ¾ to 1 inch thick, or use **packaged frozen fish.** Rinse fresh or individually frozen fish; pat dry. Thaw frozen packaged fish at room temperature about 15 minutes or just until it can be cut across into serving-size pieces; rinse and pat dry.

For each 1 to 1½ pounds fish, melt 3 tablespoons **butter** or margarine and pour it into a shallow bowl. Crumble 1 slice **firm-textured bread** into a blender or food processor and whirl to make soft crumbs. On waxed paper, mix crumbs with ½ tablespoon grated **Parmesan cheese** and ¼ teaspoon *each* **thyme leaves** and **paprika.**

Dip each side of fish pieces first in butter, then in crumbs to coat thickly; place at least 1 inch apart in a foil-lined shallow rimmed baking pan or pans, as needed. Bake, uncovered, in a 425° oven until browned and fish tests done. Allow about 15 to 20 minutes for fresh fish, about 30 minutes for frozen fish. Serves 3 or 4.

Cooking in foil . . . no fuss no muss

Cook the foil-wrapped fish in an oven or a steamer—either way the result is similar to poached fish. You can cook fish steaks, fillets, any size of dressed whole fish that fits inside your oven or steamer, or packaged frozen fish this way. Allow ½ to 1 pound pan-dressed fish, or ⅓ to ½ pound fish fillets or steaks per serving.

To cook in foil: Rinse **fresh fish** or 1- to 1½-pound **packages frozen fish** in cold **water;** pat dry. Place fish on foil large enough to enclose it—steaks or fillets should form a compact, evenly thick package. For each pound of fish, sprinkle about 1 tablespoon chopped **onion** or green onion and ½ tablespoon chopped **parsley** over top (and inside cavity of whole fish). Wrap fish in foil, securing it at the top to keep in all the juices.

Place in a baking pan (at least slightly larger than package) in a 425° oven, or on a rack in a covered steamer over about 1 inch boiling **water.** (To improvise a steamer, place a rack over boiling water in a large pan, such as a roasting pan, that can be tightly covered.) Cook until fish tests done. Allow 12 to 15 minutes for each 1 inch of thickness, measured in the thickest part of fish. A 1-pound (1-inch-thick) package frozen fish (unthawed) takes 25 to 30 minutes.

Open foil and drain off any liquid inside. If you wish, serve hot fish with one of our **quick finishes** (recipes precede). Or chill fish and serve cold with **mayonnaise** or **hollandaise,** using your own recipe.

Baking . . . a sauce keeps fish moist

Because fish cooks more slowly in the oven, timing isn't so critical and there's less chance of overcooking. Start with a whole fish or thick steaks or fillets for this recipe. The vegetable sauce keeps fish moist as it cooks, then serves as a colorful accompaniment.

To bake in vegetable sauce: Choose a 3- to 6-pound **fresh** (or **thawed, frozen) dressed fish,** or 6 to 8 serving-size **fresh** (or **thawed, frozen) fish steaks** or **fillets,** each 1 to 1½ inches thick (2½ to 3½ lbs.). Rinse fish and pat dry. Place in a greased 11- by 15-inch baking pan.

In a 10- to 11-inch frying pan, heat ¼ cup (⅛ lb.) **butter,** margarine, or olive oil over medium heat. Add 1 large **onion** (finely chopped), 2 large cloves **garlic** (minced or pressed), 1 cup *each* finely chopped **carrots** and **celery,** ¼ cup minced **parsley,** 1½ teaspoons *each* **dry basil** and **oregano leaves,** 1 **bay leaf,** and ½ cup **regular-strength chicken broth.** Bring to a boil, cover, and simmer until vegetables are soft, about 10 minutes.

While stirring over medium heat, gradually add ½ cup **dry white wine** (or additional chicken broth) and 1 large can (28 oz.) **Italian-style tomatoes** and their juice (break up tomatoes). Cook until a thick sauce forms. Add **salt, pepper,** and **lemon juice** to taste.

Spoon hot sauce over and around fish in pan. Bake, uncovered, in a 375° oven until fish tests done. Allow 20 to 25 minutes for fillets or steaks, 30 to 40 minutes for whole fish 2 to 3 inches thick (in thickest part). Remove to a serving plate. Use 2 wide spatulas to lift a whole fish. Remove skin from top of fish and pull out and discard fin bones, if you wish. Spoon vegetable sauce around and over fish. Makes 6 to 8 servings.

Barbecuing . . . for big-flavored fish

Fish rich in fat or pronounced in flavor benefit most from barbecuing. Put firm-fleshed fish directly on the greased grill; cubes of these fish hold firmly on skewers for kebabs. To keep tender-fleshed fish from breaking up and falling through the grill, set on perforated foil.

To barbecue: About 30 to 45 minutes before cooking the fish, ignite 25 to 30 briquets. Use **fresh** or **thawed frozen fish steaks** or **fillets** (at least ½ inch thick), or **small pan-dressed whole fish.** Rinse fish and pat dry. (For kebabs, cut fish into 1-inch cubes.) For 2 to 2½ pounds fish, prepare **lemon butter** or **ginger-soy marinade** (directions follow), or have ready ¼ cup (⅛ lb.) melted **butter,** margarine, or olive oil. Soak fish in marinade, if used, for 10 to 15 minutes.

When coals are covered with gray ash, spread in a single layer and set grill 4 to 6 inches above coals. Place firm fish and small whole fish on greased grill. For tender fish and kebabs, place a piece of greased foil (just large enough to hold fish without crowding) on grill; with skewer or knitting needle, poke holes in foil, then arrange fish on it.

Cover grill with a hood and adjust dampers as directed by manufacturer. (Or cover entire grill with a large sheet of foil, crimping strips together if necessary and tucking edges inside rim of barbecue.) Cook, brushing fish often with marinade or butter and turning once with a wide spatula, until it tests done; if less than 1 inch thick, allow about 6 to 8 minutes total; if 1 to 1½ inches thick, allow 10 to 15. Spoon any remaining lemon butter over fish. Serves 4 to 6.

Lemon butter. Melt ¼ cup (⅛ lb.) **butter** or margarine; mix in ¼ cup **lemon juice** and 1 teaspoon **dill weed** or crushed **dry rosemary leaves** or 2 cloves **garlic** (minced or pressed).

Ginger-soy marinade. Combine 1 teaspoon minced **fresh ginger** (or ½ teaspoon ground ginger), 1 clove **garlic** (minced or pressed), 1 tablespoon **sugar,** and ½ teaspoon grated **lemon peel.** Stir in ½ cup **soy sauce,** 2 tablespoons **dry sherry** or sake, and 2 teaspoons **lemon juice.** □

***White pancake make-up** is the key ingredient. Apply it with a small sponge dipped in water. Carefully smooth it over face and as much of the neck as will show in costume, blocking out facial characteristics such as eyebrows and creating a blank canvas for new features. Then, to increase whiteness and help set the pancake, pat the face and neck generously with powder. (For a powder puff, fill the toe of a sock with baby powder and knot the top)*

TERI SANDISON

The Whiteface

Heather's mock tears and pouting mouth were applied with Mom's eyeliner and lipstick. Her dance-class leotard completes the classic, sophisticated look

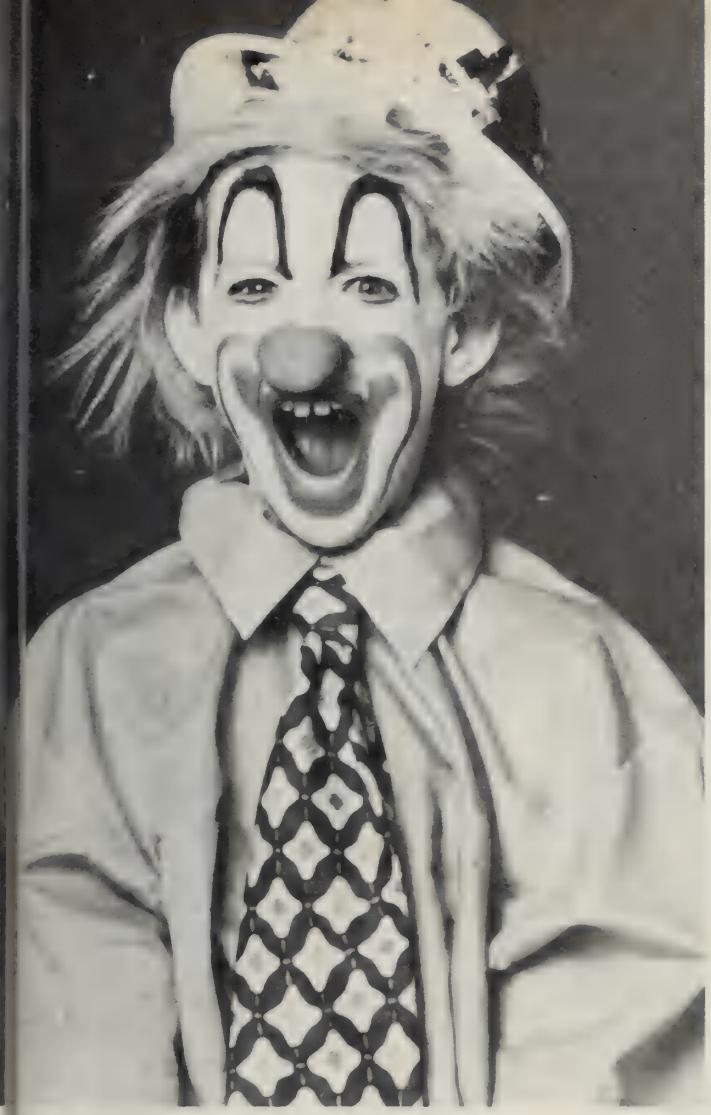
Let's be serious about clowns

Here are the classic faces and how to put them on

Clowning around may be something kids do all year long, but Halloween gives them an opportunity to perfect the art. As a clown, each child can create a completely original character, but clowning is also an art form—with traditional guidelines.

To learn the principles behind classic clown faces, we hired a pro, Betsy Brown of Studio City, California, and gave an early Halloween party for nine kids and nine adults. After much hilarity, everyone emerged with a personalized clown persona and instant snapshots to record the event. The faces you see above result from our make-up testing and simplification.

In the annals of clown lore, there are three basic types: the Whiteface, the Auguste, and the Character. The whiteface clown wears a white face, of course; additional make-up is simple, the movements dignified and elegant. Auguste means stupid in German; the auguste is your silly clown in "Bozo" make-up. The character clown can be an exaggeration of any stock character, such as a tramp, cowboy, doctor, or



The Auguste

Dad may recognize his tie, but not son Christian behind the rubber nose ($1 at a novelty store) and exaggerated brows. It's wise to draw up a plan for this make-up before applying

The Character

David mimics a narrow-eyed sheriff. He takes inspiration from the proper props — vest, badge, cowboy hat — to help him act the part behind his make-up

fireman. The tramp, created by Emmett Kelly, is America's contribution to classic clown lore.

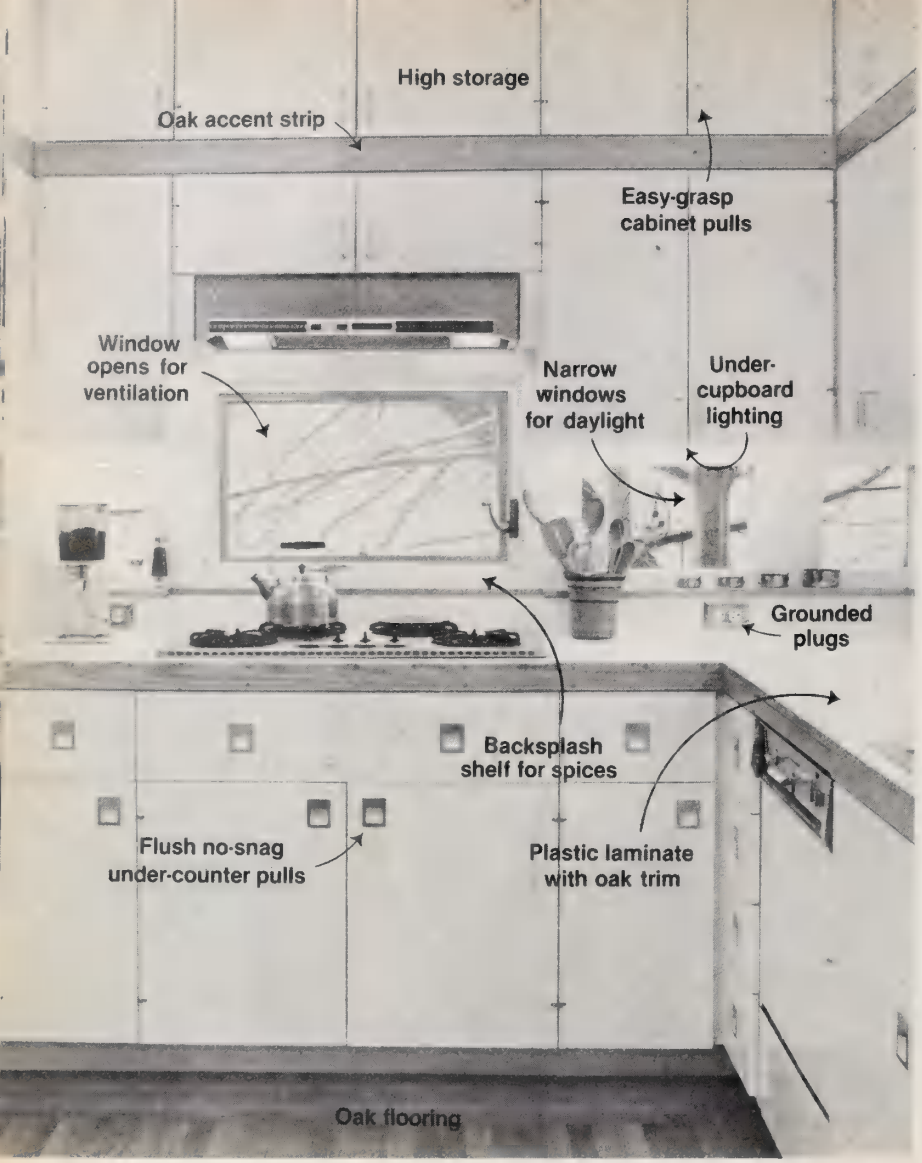
The transformation is simple. A clown is one of the easiest Halloween "costumes" to put together because very often you can work entirely with what you have on hand: old clothes and shoes, outdated ties, silly or character hats. Use lipstick to emphasize mouths, cheeks, noses; use crayon-type eyeliner for bold eyebrows, liquid eyeliner for delicate tears.

Probably, the only item you'll need to buy is white pancake make-up. Year-round, it's available from theatrical make-up stores (check the yellow pages), but this month it should also be available in drugstores and other places carrying Halloween supplies. White grease paint in tubes or sticks works too, but is messier and more difficult to remove. Pancake make-up comes off quickly with soap and water.

One bonus of clown make-up for trick-or-treaters: it's a lot safer than sight-restricting masks. □

***An impromptu performance** by just-made paper bag puppets was one activity at Sunset's clown party. Two clowns held up the stage curtain — fabric hung between two poles*

JERRY FREDRICK



***Designed with the cook** in mind: storage, lighting, comfort, convenience, and ease of operation were all considerations in this function-first kitchen remodel*

***Oak-framed glass** cabinets housing a display of cook books and glassware breaks up expanse of white cabinetry*

She wanted storage, she got storage

Plus more and better light, ventilation, views

As with many houses of its vintage, kitchen storage in Adrienne and Steven Herman's 60-year-old house was sorely inadequate. When they decided to remodel the kitchen, better storage was a prime demand.

Architects Jeffrey Heller and Fitschen Sambuccetti Associates of San Francisco took the task to heart and produced this clean-lined kitchen with a remarkable 38 drawers and cupboards in the base cabinets, and 64 cupboard doors above the counters—plus a walk-in pantry.

"This is my dream kitchen," boasts Adrienne. As a mother of two young children and a person who loves to cook and entertain, she has had little trouble stocking her cupboards in the 13- by 16-foot kitchen. In addition to storage for pots, pans,

DARROW M. WATT

***Recessed cutting board** hides in end of peninsula counter. Pulled out, it extends counter at least 3 feet; board itself is 5 feet long*

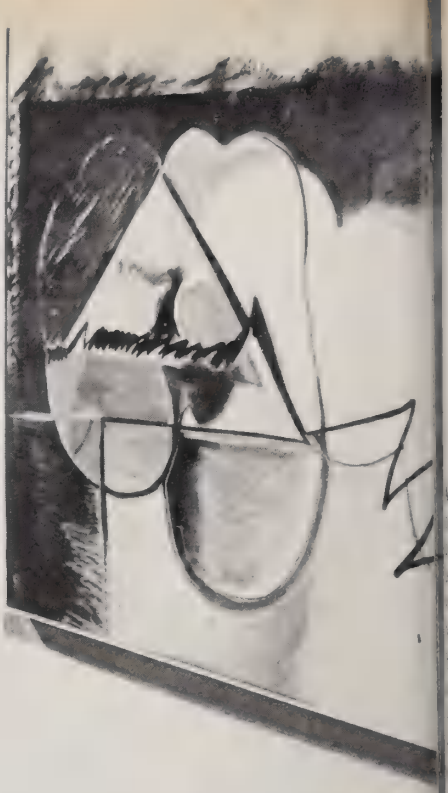
***Deep cupboard** above refrigerator provides plenty of room for extra-large mixing bowls*

plates, and utensils, there's room for small appliances, silver and crystal, a small office area, and a cook book library.

Dismal lighting conditions were also rectified with the remodel. The walls between the kitchen and family room (along with a few other partitions in the old kitchen) were removed to create one big light-sharing space. Even where a peninsula of cabinets interrupts the space, glass on both sides permits visual flow through the cabinets.

Recessed ceiling lights provide ambient lighting; fluorescent fixtures under the cupboard light the work counters. To bring daylight into the kitchen, a narrow band of windows at counter height was added on two walls. Behind the sink and cooktop, the windows are taller for better views of the garden, and they crank open for ventilation.

To keep costs down, most of the cabinetry is enameled birch plywood. (The exposed edges were carefully filled and sanded before painting.) Oak that matches the flooring is used to frame the 22 glass-faced cupboards. Twin oak bands—one along the counter, the other between upper cabinets—wrap around the kitchen, breaking up and softening the large expanse of white. The brass-toned cabinet hardware also adds a warming touch. □



***Romanesque exterior** of San Jose Museum of Art gives no hint of contemporary work by Ruth Tunstall-Grant (right) displayed inside at last year's Art Marathon*

GREGG MANCUSO

***Jumble of signs** along busy First Street shows diversity of shops. In this gallery, you'll see 1925 photograph of a magnolia blossom by Imogen Cunningham (below)*

THE IMOGEN CUNNINGHAM TRUST

***Paper Doll**, a costume by Jeanne Aurel-Schneider, is from 1981 exhibit at San Jose Institute of Contemporary Art*

***Student Union**, in the heart of the San Jose State University campus, is home for Gallery One and Two*

San Jose's best-kept secret? Art where you wouldn't expect it

Art is alive in downtown San Jose. A handful of galleries and a museum now exhibit major works and showcase local artists amid long-awaited urban redevelopment.

Much of the activity centers around a 10-block area near San Jose State University, where galleries, restaurants, and antique shops compete for space with run-down storefronts and adult bookstores. "Galleries have done more to improve some areas of downtown than any amount of money could do," says Consuelo Santos-Killins, chairman of San Jose's Fine Arts Commission, "because they've made the downtown inviting. They're one of San Jose's best-kept secrets."

Why have artists settled here? Fred Spratt of the San Jose State University art department explains: "We saw major growth in the fine arts component of the university through the '60s, but many artists didn't feel San Jose was the place to stay because of a decided lack of art activity. About eight years ago, a group of graduates decided to buck the trend and stay in San Jose. Things began to happen. They established themselves in abandoned canneries and vacated commercial buildings, prompting the first artist-sponsored exhibit spaces."

In addition to exhibiting artists of national and international renown (last year there was a major show of the works of Mary Cassatt and Edgar Degas), the galleries highlight local artists, many of whom are established but not yet nationally known.

You're welcome to visit any time, but on Sunday, October 17, South Bay galleries sponsor a special open house—their third annual Art Marathon. Hours are noon to 6; many galleries will host receptions.

San Jose Museum of Art, 110 S. Market Street. Hours: 10 to 4:30 Tuesday through Saturday, noon to 4 Sunday. This Romanesque revival-style building, erected in 1892, includes a gift shop. On exhibit from October 16 to December 19 are lithographs and paintings of George Bellows. There's a large parking lot next to the museum.

Rental and Sales Gallery, San Jose Art League, 31 W. San Fernando Street. Hours: noon to 5 Monday through Friday. Tucked among small retail shops, the gallery features works of local artists for rent or sale. September 13 through December 6 you'll see sculpture by Murray Wagnon and paintings by John De Vincenzi.

LARRY A. BRAZIL

***Victorian home** has been converted to gallery by San Jose Art League*

Young Gallery, 140 W. San Carlos Street. Hours: 10 to 5 Monday through Friday and by appointment. This brick building is in the shadow of the San Jose Public Library. Recent works by Dan Billings will be shown from September 20 through October 29.

Works, 248 Auzerais Avenue. Hours: noon to 4 Tuesday through Saturday. One step inside the building on the corner of Auzerais and Vine Street reveals exciting contemporary art. The October show features the fiber art of Anna Palmer and Candace Crocket.

San Jose Institute of Contemporary Art, 377 S. First Street. Hours: 11 to 4 Tuesday through Saturday. Behind the smoked-glass windows is the largest exhibit space in the area devoted to alternative art. Running through October 24 is *Disguises and Adornments,* an invitational exhibit of exotic costumes, masks, and body adornments.

Museum Services—Markham Gallery, 434 S. First Street. Hours: 9 to 5 Monday through Friday. The opening show in this newly remodeled space features photography of Imogen Cunningham through November 6. You can park behind the gallery.

San Jose Art League and Center, 482 S. Second Street. Hours: noon to 4 Tuesday through Sunday. The league, formed in 1938, uses an 1870 Victorian house for a gallery. Showing September 15 through October 17 are contemporary landscapes by Fran Malovos, collages by Ikuko Nagai.

***Clustered downtown,** galleries are in walking distance of one another. Other galleries from Saratoga to Cupertino will participate in third annual Art Marathon on October 17*

Union Gallery, San Jose State University Student Union Building (upper floor). Hours: 9:30 to 4 Monday through Friday, 6 to 8 PM Wednesday and Thursday. See photographs by Marion Post Wolcott from October 11 through November 13. A permit-only lot off Tenth Street will be open for parking.

Gallery One and Two, San Jose State University, Ninth and San Carlos streets. Hours: 11 to 4 Monday through Friday, closed summers. The gallery, affiliated with the university, will feature paintings of Joyce Treiman September 29 to October 27.

Other South Bay galleries

Outside the area shown on our map, these galleries (listed alphabetically) will also participate in this month's Art Marathon.

Creative Arts Center Gallery, 550 E. Remington Drive, Sunnyvale. Hours: 11 to 3 Tuesday through Saturday, 6 to 8 PM Wednesday.

De Saisset Museum, The Alameda, University of Santa Clara. Hours: 10 to 5 Tuesday through Friday, 1 to 5 weekends.

Helen Euphrat Gallery, De Anza College, Cupertino. Hours: 11 to 4 Tuesday through Thursday, 7 to 9 Wednesday and Thursday evenings, 1 to 4 Sunday.

Montalvo Center for the Arts, end of Montalvo Road, Saratoga. Hours: 1 to 4 Tuesday through Sunday.

Triton Museum of Art, 1505 Warburton Avenue, Santa Clara. Hours: noon to 4 Tuesday through Friday, noon to 5 weekends. □

NORMAN A. PLATE

In a bedroom hallway *Telephone niche below storage cupboard is handy to bedrooms on each side. Cedar 1 by 6's line booth's interior walls; foam pad was cut to fit*

Curl-up places

With the phone, a book, a game, a view. Here are niches and retreats that you can build into or pop out of existing space

Curling up with a game, a book, or a garden view is especially enjoyable in a cozy indoor retreat. Fitting them into the floor plan doesn't require major remodeling: they can be built into existing nooks or corners or popped out from exterior walls. For maximum use of space, curl-up places can double as extra beds or storage bins.

Clockwise from above, these six examples show how Westerners have created little rooms within rooms:

In the hallway connecting his four children's bedrooms, architect Guy Salts of Hemet, California, created a 5-foot-long, 2-foot-deep telephone niche below a high cupboard. The sprawl-out phone booth doubles as occasional sleeping space.

The 5-foot-long window seat designed by owner-architect Tom Caulfield of Peters, Clayberg and Caulfield, San Francisco, spans a 2½-foot-deep pop-out in a remodeled attic. The peaked glass is fixed; end windows open for ventilation.

The triangular bench at top right fits neatly into one corner of Tom Caulfield's dining room. Just 2½ feet deep at the center and 5 feet across the front, the cushioned curl-up invites napping by the family dog; it's also a favorite place for Caulfield's two sons to do their homework. The foot-tall freestanding frame of Douglas fir 1 by 3's is backed with ¾-inch plywood.

Architect-owner Tom Grondona of San Diego tucked a reading platform in front of a window above his stairwell. It's carpeted and covered with a made-to-fit cushion. A U-shaped length of steel pipe screwed into wall studs aids the climb. A carpeted tongue keeps the wall free from scuffs and adds a graphic touch.

At the stair landing in Kim and Steven

Up in the attic

Popout holds 2½- by 5-foot window seat. Roof line determined the window's shape

In a cozy corner

Triangular-shaped bench fits snugly in place; although it looks built in, it's movable

GLENN CHRISTIANSEN

Over a stairwell

Climb-up perch is sunny hallway hideaway. Bubble window makes it roomier

In a child's room

Generous window seat doubles as guest bed, toy display bench. Storage bins below cushions hold extra pillows, blankets

DARROW M. WATT

On a stair landing

Cozy platform fits in cantilevered wedge above front entry to house. It has generous light for daytime reading

Schlumberger's house, architect George Sinclair of Panko/Sinclair Associates, San Mateo, California, designed a cantilevered wedge for a foot-high, carpeted platform. The north-facing window, which overlooks the entry, brings in plenty of natural light for daytime reading.

The window seat at far left, designed by George Sinclair, is big enough (8 feet long, 2½ feet wide) to accommodate 4-year-old Jennifer Ja's overnight guests. Two 16-inch-deep storage bins below hold extra blankets and pillows; the ¾-inch plywood lids swing up on stop hinges. □

Balloon city. It's Albuquerque

Especially in October when balloonists gather by the hundreds. Or any time of year you get there

For just a moment, you wonder if you might be crazy to leave your warm bed in the middle of the night to stand around a cold, strange field in Albuquerque.

Then, just as dawn breaks, your eyes adjust to a sight so magic, so astounding, you feel giddy. Giant balloons—not just a few or a few dozen, but hundreds of them, in every imaginable color—begin to take shape, gently shuddering as they rise from the ground to their full 50- to 85-foot height. Every few minutes, more lift off, leaving room for others to inflate, until the sky seems filled with Christmas ornaments.

Nearby, a high school band strikes up, and the smell of posole—New Mexico's parched-corn and chili stew—from a food booth tempts you to an odd breakfast.

This is Albuquerque's International Balloon Fiesta—nine days of the largest congregation of hot-air balloons in the world. Some 500 of them from at least 22 countries and 32 states will assemble October 2 through 10 for rallies, competitions, and air shows: you can watch or even join the colorful crowds in the sky.

A century of ballooning . . . is Albuquerque capital of the sport?

Though the fiesta is only 11 years old, ballooning in Albuquerque dates back to 1882, when bartender and self-proclaimed "professor" P.A. Van Tassel astonished a July Fourth crowd by flying his 30,000-cubic-foot gas balloon 14,207 feet above the city. Two other gas balloon flights drew crowds in 1906 and 1909. The sport didn't surface again until 1972, when the first Albuquerque Fiesta brought together a record 14 balloons.

Today Albuquerque claims to be year-round Hot-Air Balloon Capital of the World. While we can't prove local boasts that 160 balloons live in Albuquerque—more than in any other single city—we do know you'll find an impressive 10 to 50 balloons assembling for flight on West Mesa (a desert mesa 15 miles northwest of town) almost any weekend morning, especially during fall and winter.

To find your way along the maze of dirt roads to West Mesa, your best bet is to wait at the McDonald's drive-in at Corrales and Coors roads at about 6:30 A.M. any Saturday or Sunday and follow any vehicle you see trailering a large rattan basket. Or pilot John Pallow offers to lead you there; call him at (505) 892-8896.

Seeing the fiesta . . . or joining it

Fiesta action is in town at Cutter Field. Any fiesta day is worth a look, but the dazzlers are mass ascensions on opening and closing weekends, October 2 and 3, 9 and 10. Be there early—by 6:30 or 7.

Few sporting events let visitors get so close and so personally involved. Best place to be is smack in the midst of it—where you can talk to pilots, help inflate balloons, or just watch in wonder.

Monday through Friday, competitions for fun and skill begin about 7:30 A.M.; every day but Wednesday, you can watch hare and hound races and tumbleweed drop. In the first, a "hare" balloon gets a head start, then takes evasive action to lose the other balloons in pursuit; the "hound" landing closest to the hare wins. In the latter, balloons are launched 2 to 3 miles from a central target; the balloonist making the most accurate drop of some object wins.

Wednesday, there's a rally for a new car; the winning pilot is the first to grab the car keys from a tall pole at Cutter Field.

The only gas balloon event begins at noon Wednesday, when 25 participants gear up for a 5 P.M. launch on a long-distance hare-and-hound race that last year ended in Kansas. Joining in will be Albuquerque's balloonist heroes—Maxie Anderson, Ben Abruzzo, and Larry Newman—who pioneered the 1978 Atlantic crossing.

Fiesta games are challenging. Pilots can control only their rate of ascent or descent (in hot-air balloons, by turning the propane burner on or off); direction varies with the wind. Situated along the Rio Grande Valley and hedged by tall mountains, Albuquerque's morning breezes often are southerly at lower altitudes, northerly a little higher up, so skilled balloonists gain more than usual direction control here.

Winds usually become too gusty to fly by 10:30. (Wind above 10 mph or rain can postpone or cancel any fiesta event.)

From 10:30 until noon each day, non-balloon action takes over at Cutter Field—biplane stunts, wing walkers, parachute teams, ultralight demonstrations.

To fly during the fiesta or at any other time, contact one of Albuquerque's commercial balloon companies. Those listed below use pilots licensed by the FAA. Your in-air time will average 30 minutes. For a fiesta flight, reserve as soon as you can.

AERCO Balloon Port, 3321 Princeton Dr. N.E., Albuquerque 87107; (505) 884-1944 or 884-1947. Fiesta flights cost $100 per person, $75 rest of the year from West Mesa.

Helzer's Apple Annie Enterprises, Box 14264, Albuquerque 87191; (505) 296-0268. Cost is $75 during fiesta and for weekend flights at West Mesa or in town rest of the year.

J.P. Ballooning, 905 Montana Vista, Rio Rancho 87124; (505) 892-8896. Fiesta flights are $75, same as year-round, from West Mesa or in town.

World Balloon Corp., 4800 Eubank Blvd. N.E., Albuquerque 87111; (505) 293-6800. Owned by fiesta founder Sid Cutter, fiesta flights cost $100 from Cutter Field ($75 second hop); rest of year, $75 in town or from West Mesa.

Getting to the fiesta site

Cutter Field is ½ mile east of I-25 on Osuna Road. To beat weekend morning traffic jams, catch a city shuttle bus from Coronado Shopping Center at Louisiana and Menaul boulevards. Buses depart as fast as they fill up, 5:30 to 7 A.M. They return from Cutter Field from about 9 to 11. Round-trip fare is $1 for adults, 50 cents for students and seniors, free for children under 5.

Take your own car weekdays, or if you plan to fly on a weekend day; parking costs $1 per car. Fiesta admission is 50 cents per adult, free for those under 12.

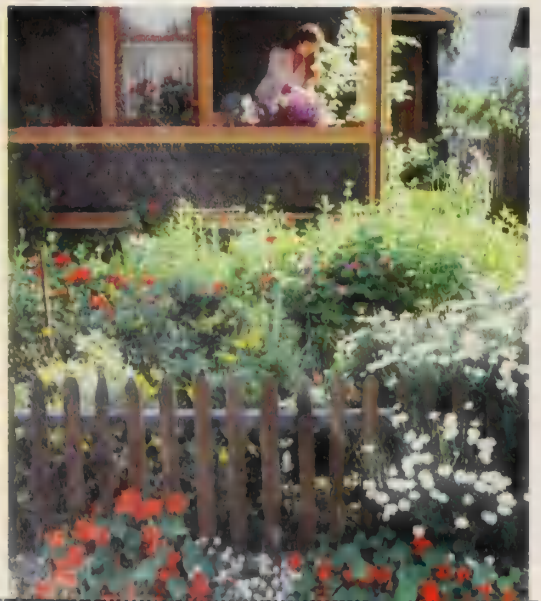
For a schedule, write to Balloon Fiesta, 3300 Princeton Rd. N.E., S-24, Albuquerque 87107, or call (505) 883-0932. □

***Hissing** propane burner produces that final blast to send him aloft for a magical view (below) of the world's biggest balloon event*

CRAIG AURNESS

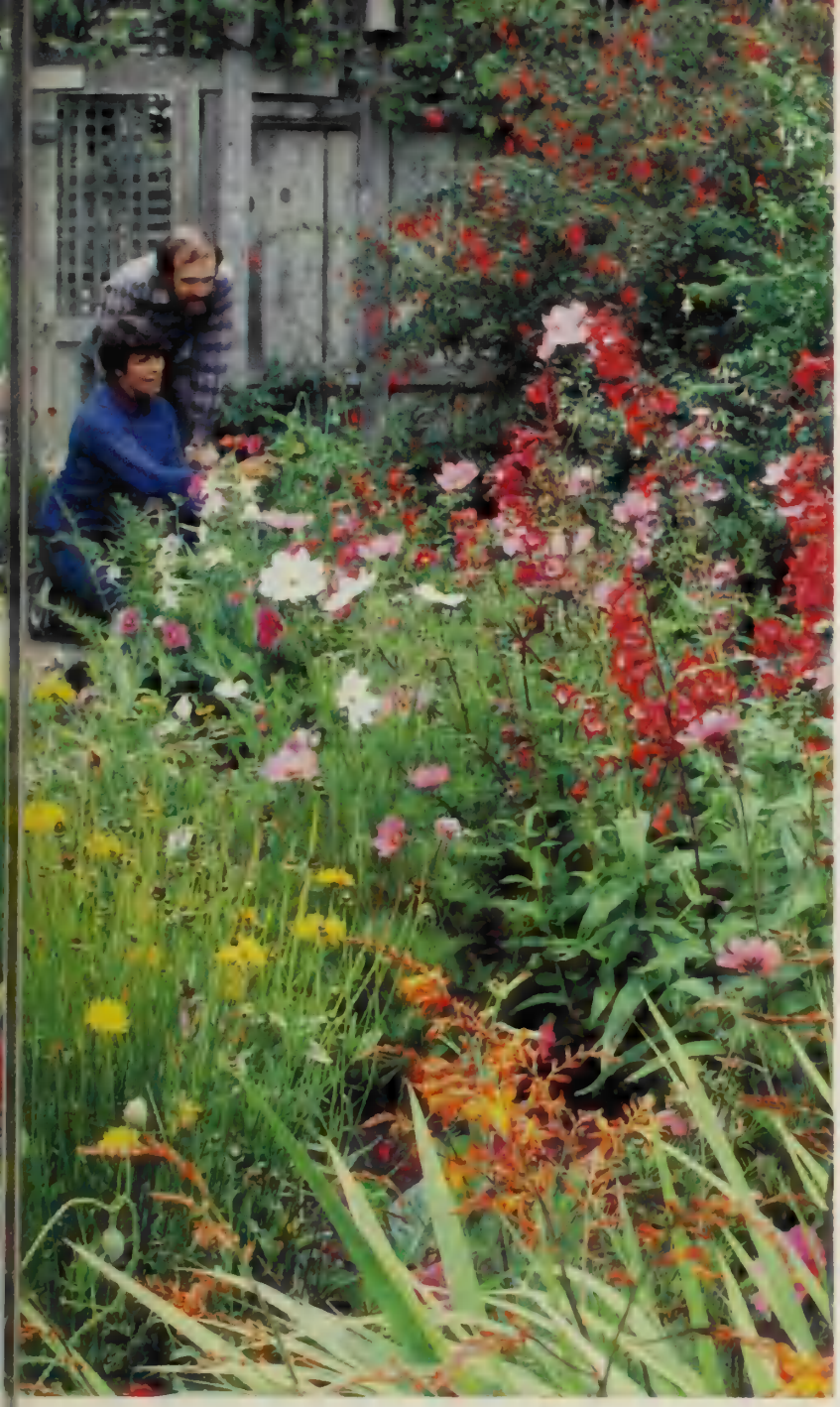
***Drifting down** to skim the Rio Grande, one balloonist leaves the crowd above Albuquerque. Plan ahead, and you can join this odd throng in the sky*

BILL ROSS



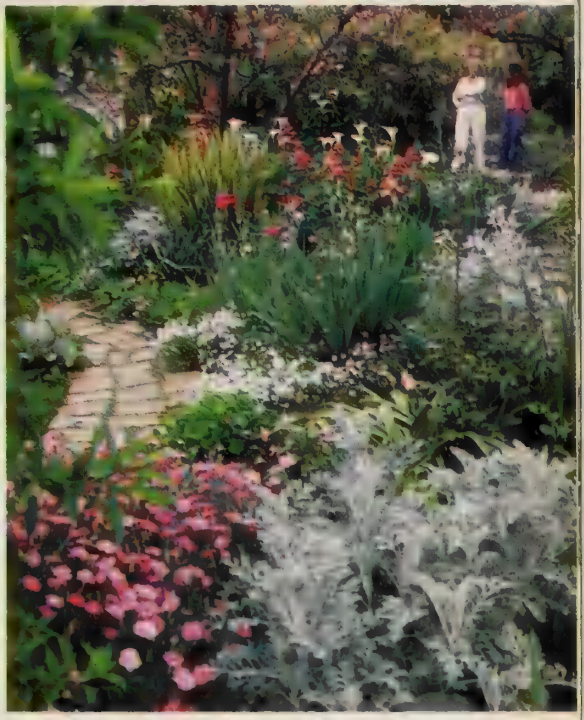
May tapestry: *fall-planted sweet William blossoms above with ranunculus, stock, bachelor's button, and iris. At left, Shasta daisies, euryops, gamolepis, marguerites, and geraniums bloom nearly year-round in Virginia Fitton's garden in Palo Alto, California. Nasturtiums, sweet alyssum are self-sowing. "Weeds don't have room to grow," she says*

The joyous cottage



DARROW M. WATT

***July potpourri** of flowers and herbs jams tiny garden of Café Beaujolais, Mendocino, California. In view: montbretia (nearest camera), yellow coreopsis, pink and white cosmos, penstemon, nicotiana, and fuchsia (near fence at rear). Climbing rose mantles the fence*



***Gray dusty miller,** pink dianthus mingle with sweet alyssum, callas, valerian in April in the Santa Monica garden of Marilyn Barrett and Jennifer Charnofsky*

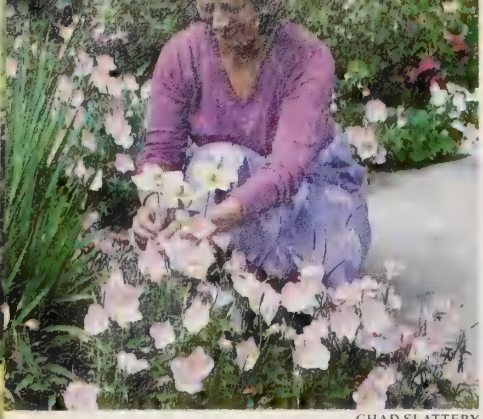
A century or two ago in England, there were two kinds of gardens: formal estates groomed by grounds keepers, and casual cottage gardens that filled small lots with abundant flowers and produce. Over the years, the cottage garden has remained as appealing and practical as ever — as many Westerners have discovered.

This informal style of gardening produces a glorious potpourri that reflects the owners' joy in the variety of flowers and colors of plants. A cottage garden looks as if it had been fortuitously planted from windborne seed: everywhere, you see appealing combinations. Most of the ingredients are tough perennials, sprinkled with bulbs, seasonal annuals, and foliage plants.

The planting plan? Usually plants go wherever there is space. The garden changes from season to season as plants bloom and fade, and year to year as they are moved and as new ones are added from the nursery, divisions, and over-the-fence exchanges.

In most of the West, October is the month

garden ... as if planted by the wind



CHAD SLATTERY

***Creamy pink** Mexican evening primrose (Oenothera berlandieri) surrounds her with blossoms in May*

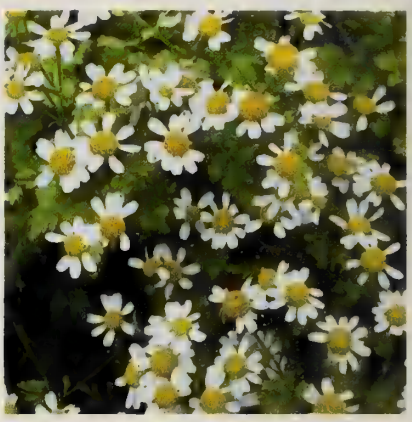
***Yellow-fringed** crimson flowers distinguish Gaillardia grandiflora—a sturdy cut-and-come-again performer*

***Two-tone foliage** of golden sage, a variation of the culinary classic, becomes a compact, edible space filler*

***Brightly bicolored** columbine (Aquilegia) bears graceful spurred flowers from spring to early summer*

MICHAEL THOMPSON

***Pink-flowered** forms of common yarrow (Achillea) are more available now than they were a few years ago*



***Fall-sown feverfew** (Chrysanthemum parthenium) sprouts in the spring, reseeds prolifically*

***Blue lithodora** and pink aubrieta are low-growing perennials—good for borders, spilling over rocks*

***Red-orange** montbretia, an old-fashioned favorite, is prized for its shapely cut flowers, strappy green foliage*

***"The fun is creating the picture,"** says artist Bonnie Harris of Leavenworth, Washington. Her September palette: rudbeckia, veronica, phlox, statice, marigolds*

Pictured and charted here, 22 plants with cottage garden potential

to start such a garden—you dig the soil, add amendments, and begin planting. Nature helps by supplying still-warm soil, mild days, and soon-to-come rains.

The photographs on our cover and on these pages show the flower displays in six Western cottage gardens. Use them and the chart below to choose what you can plant now. Numbers listed after each entry indicate the *Sunset Western Garden Book* climate zones in which that plant performs best. In the coldest-winter zones of the West (zones 1, 2, 3, 10, and 11), gardeners can refer to this chart to plan their plantings for next spring.

Treasure-hunt at the nursery for other plants that add color and texture: look for shrubs and ground covers with variegated, bronze, or silver-gray foliage. Fill in with cool-season annuals; scatter seed of easily naturalized kinds such as feverfew and sweet alyssum. (The marigolds, cosmos, and nicotiana we show were planted in the spring.)

And don't forget that many vegetables and herbs have interesting fruit and foliage. All of these plants can be threads in the cottage garden tapestry. □

	Zones	How sold	Height, width	Sun or shade	When it blooms; care	Pictured on page
Yarrow *(Achillea)*	All	Plants	4 to 36 inches tall, 6 to 24 inches wide	Full sun	Mid-spring through fall. Shear dead flowers; leave foliage	100
Columbine *(Aquilegia)*	All	Seeds, plants	10 to 48 inches tall, 12 to 24 inches wide	Sun or light shade	April through July. Replace plants every 3 years	100
Dusty miller *(Centaurea cineraria)*	All	Plants	12 to 30 inches tall, spreads to 24 inches	Full sun	Flowers not important. Grow for its silvery foliage	99
Red valerian *(Centranthus ruber)*	7–9, 14–24	Seeds	Flowers to 48 inches. Can be invasive, weedy	Full sun	Spring. Cut back when plants look scruffy	99
Shasta daisy *(Chrysanthemum maximum)*	All	Seeds, plants	12 to 36 inches tall, 12 to 24 inches wide	Full sun	Cut to ground after bloom. Divide clumps every 2 to 3 years	98
Coreopsis	All	Seeds, plants	6 to 24 inches tall, about 18 inches wide	Full sun (dryish soil)	May through August. Cut faded flowers	99
Montbretia *(Crocosmia)*	5–24	Corms, plants	36 to 48 inches tall, 24 to 36 inches wide	Coastal sun, inland shade	March through August. Cut off dead flower spikes	100
Delphinium *(D. elatum)*	1–9, 14–24	Seeds, plants	24 to 84 inches tall, about 2 feet wide	Full sun	Late spring through September. Cut dead flowers; leave foliage	Cover
Pink carnation *(Dianthus)*	All	Seeds, plants	Many kinds: 6 to 48 inches tall	Sun or light shade	March to fall. Remove faded flowers. Take cuttings in fall	99
Sweet William *(Dianthus barbatus)*	All	Seeds, plants	4 to 20 inches tall, 6 to 16 inches wide	Sun or light shade	Spring to summer. Shear faded flowers	98
Euryops *(E. pectinatus)*	14–17, 19–24	Plants	36 inches tall, 36 inches wide	Full sun	Main bloom February to June; some flowers all year. Prune in June	98
Gaillardia *(G. grandiflora)*	All	Seeds, plants	12 to 48 inches tall, half as wide	Full sun	Blooms June until cold weather. Cut back after bloom	100
Geum	All	Seeds, plants	Foliage to 15 inches tall; flowers 12 to 24 inches	Sun or light shade	Blooms May to September. Cut faded flowers. Divide fall or spring	Cover
Bearded iris	All	Rhizomes	12 to 36 inches tall, 12 to 24 inches wide	Full sun or light shade	Blooms April to July. Cut dead flowers. Divide every 3 to 4 years	98
Lithodora diffusa	5–7, 14–17	Plants	6 to 12 inches tall, spreads 24 to 36 inches	Coastal sun, inland shade	Blooms May and June, then sporadically. Give good drainage	100
Sweet alyssum *(Lobularia maritima)*	All	Seeds, plants	4 to 12 inches tall, spreads to 12 inches	Sun or light shade	Blooms nearly year-round in zones 10–24; summer annual 1–9. Reseeds	98, 99
Lupine *(Lupinus* Russell hybrids*)*	1–7 14–17	Seeds, plants	18 to 60 inches tall, with equal spread	Sun or light shade	Blooms May and June. Cut off old flower stalks just above foliage	Cover
Mexican evening primrose *(Oenothera berlandieri)*	All	Seeds, plants	10 to 12 inches tall. Invasive if not controlled	Full sun (dryish soil)	May through summer bloomer. Carefree once established	100
Peony *(Paeonia)*	1–11, 14–16	Plants, bare root	14 to 48 inches tall, some spread to 60 inches	Sun zones 1–7, semishade other zones	Mid- to late spring. Cut stems below soil after foliage fades	Cover
Penstemon *(P. gloxinioides)*	All	Seeds, plants	24- to 48-inch flower spikes; foliage a 12- to 24-inch mound	Coastal sun, inland shade	April and May. Cut back for second bloom. Replant in 3 to 4 years	100
Ranunculus *(R. asiaticus)*	All	Tubers, plants	Flowers on 18-inch stems, 8- to 12-inch-high foliage	Full sun	April and May. Lift tubers, snip dry foliage, store in dry spot	98
Gloriosa daisy *(Rudbeckia hirta)*	All	Seeds, plants	3 to 4 feet tall, 2 to 4 feet wide	Full sun	Summer-long bloom from spring seeding. Cut to ground in fall	100

Basic crêpes or a beautiful stew . . . step by step from a big new book

Behind every good dish there are basic procedures that give courage to the novice cook and reassure the experienced one. Exploring these concepts, from the fundamentals to ones that stretch the horizon of the expert, is the essence of *Sunset's* newest cook book, *Easy Basics for Good Cooking* (Lane Publishing Co., 1982; introductory price $8.95; after December 31, $9.95). It's a lavishly illustrated 192-page guide to fine meals by the editors of *Sunset Books* and *Sunset Magazine*.

With each handsome photograph of a finished dish are clear and attractive step-by-step photographs that guide you to success. In all, there are 40 pages of color, with 183 photographs and more than 400 recipes.

Dropped in at handy intervals are tables with condensed information on necessities such as cooking times and temperatures for meat and poultry, as well as on preparing and cooking vegetables.

The book opens with some well-grounded thoughts on cookware equipment and materials, information on how to measure ingredients, and a concise glossary of cooking terms.

Arranged to aid in meal planning, chapters range from soups through desserts. Interwoven with recipes are several dozen special cooking tips, such as fixing a curdled hollandaise, baking breads or cakes at high altitudes, making chicken broth, and using a sharpening steel.

Incorporating techniques that range widely in sophistication, the recipes given use both innovative and familiar procedures. Here we present two samples.

The first recipe gives directions for crêpes that include many useful details on how to make finished dishes ahead.

The second recipe is for a lamb stew that is beautiful enough for company, yet made without the messy step of browning the meat first; instead, the juices are "sweated" out, then boiled away, leaving rich mahogany drippings that give the stew outstanding flavor and appearance.

Crêpes (French Pancakes)

- 1½ cups milk
- 3 eggs
- 1 cup all-purpose flour
- 1 tablespoon salad oil
- About 4 teaspoons butter or margarine

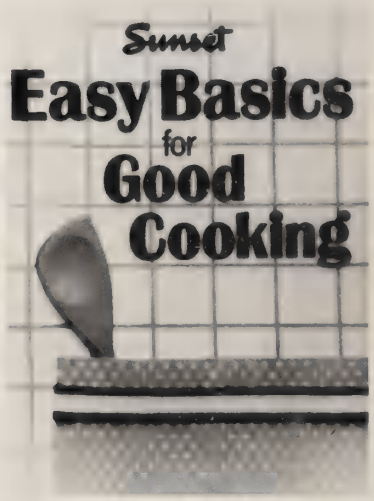
In a blender or food processor, whirl milk, eggs, flour, and oil until smooth. (Or blend eggs and milk with an electric mixer or wire whisk; add flour and oil and mix until smooth.) Let batter rest at room temperature for 1 hour, or cover and refrigerate batter overnight.

Heat a 6- to 7-inch crêpe pan or other flat-bottomed frying pan over medium heat until a drop of water sizzles and jumps about the pan. (If water evaporates instantly, pan is too hot; remove it from heat and let it cool slightly.)

Grease the pan lightly with about ¼ teaspoon of the butter. Stir batter, then pour 2 to 3 tablespoons of the batter all at once into center of pan, swiftly tilting pan in all directions so batter flows quickly over entire flat surface. If you've poured in too much batter, pour the excess back into the bowl.

If heat is correct and pan is hot enough, crêpe will set at once and form tiny bubbles. (If batter makes a smooth layer, pan is too cool. If there are a few small holes, don't worry; no two crêpes look alike.) Cook until edge of crêpe is lightly browned and surface looks dry (30 to 40 seconds). Run a small spatula or knife around edge to loosen. Pick up crêpe with finger tips and flip over. Cook other side for about 20 seconds (this side doesn't brown). Turn crêpe out of pan onto a plate.

Repeat to make each crêpe, stirring batter occasionally. Stack crêpes and use within a few hours. If made ahead, let each crêpe cool, then stack with waxed paper. Package airtight and refrigerate for 2 to 3 days. Freeze for longer storage. Allow crêpes to come to room temperature before separating; they will tear if cold.



***Spiral bound** with durable, washable soft cover, Sunset Easy Basics for Good Cooking is designed for heavy-duty use in the kitchen. It lies flat so recipes are easy to read as you work. Richly illustrated with color photographs and hard-working drawings, this book is an asset for anyone interested in food*

You can spread a crêpe with butter and jam to eat as is, or use it to enclose a filling. When filling crêpes, always place filling on side that isn't browned. Makes 16 to 18 crêpes.

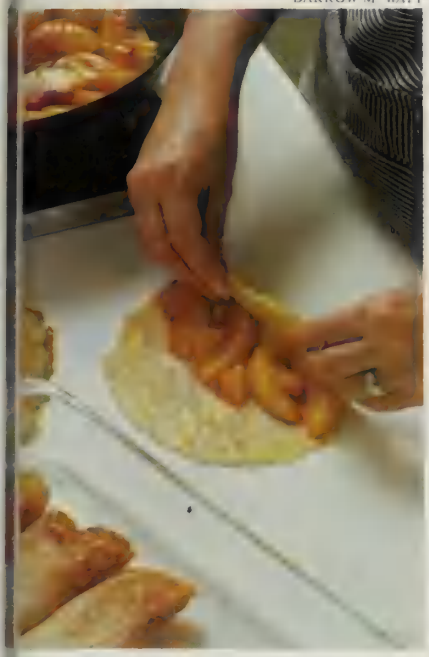
Glazed Peach Crêpes. Melt 2 tablespoons **butter** or margarine in a wide frying pan over medium heat. Add 6 cups sliced **peaches** (fresh or partially thawed unsweetened frozen), 1 teaspoon grated **lemon peel**, 1 tablespoon **lemon juice**, and

'our about 3 tablespoons atter into center of ot buttered 7-inch pan

2 • *With your other hand, immediately tilt pan so batter flows over entire flat surface. Crêpe should start to form tiny bubbles about 5 seconds after coating pan bottom*

3 • *Cook crêpe until lightly browned (about 30 seconds). Run knife around edge to loosen. With fingers, quickly pick up crêpe and turn over for a few seconds to brown other side*

DARROW M. WATT



Place filling down center of light side. Fold one side over filling, then roll to enclose. Place seam side down in baking dish; bake briefly to heat

5 • *To serve Glazed Peach Crêpes, place two warm, filled crêpes on a plate; you can spoon some reserved peaches on top*

Glazed peach crêpes

⅛ teaspoon **ground nutmeg.** Cook gently, turning occasionally with a wide spatula, until peaches begin to soften and look translucent (about 7 minutes). Gradually sprinkle in ½ cup **sugar** and cook, stirring, 2 more minutes. Sprinkle 2 tablespoons **brandy** or apricot liqueur over peaches; continue cooking until liquid is thickened. Remove from heat and let cool slightly.

Spoon about 3 tablespoons filling across center of each of 8 **crêpes** and roll to enclose. Place filled crêpes, seam side down, in a lightly buttered baking dish.

Cover with foil and bake in a 325° oven for 25 minutes, or until crêpes are heated through. Before serving, top each crêpe with a spoonful of **sour cream.** Makes 8 crêpes; allow 2 per serving.

Springtime Lamb Stew

- 3 pounds boneless lamb stew meat (neck or shoulder), cut into 1- to 2-inch chunks
- 2 tablespoons soy sauce
- ½ cup madeira or port
- 4 teaspoons mustard seed
- 1 teaspoon thyme leaves
- ¼ teaspoon whole black peppers
- 2 bay leaves
- 1½ cups regular-strength chicken broth
- 1 cup dry red or white wine
- 1½ to 2 pounds small red or white thin-skinned potatoes, halved
- 8 to 12 slender carrots, peeled
- 3 to 6 small turnips, peeled and halved
- 6 to 12 small white boiling onions, peeled
- ¾ pound green beans, cut in half, ends and strings removed
- 1 cup (½ pt.) whipping cream
- 1 tablespoon Dijon mustard
- Watercress

Place the meat in a 5- to 6-quart Dutch oven. Stir in soy sauce. Cover and bring to a boil over medium heat; reduce heat and let the meat simmer in its accumulating

1 • *"Sweating" technique is first step in this braised stew. As chunks of lamb simmer in covered pan, they release natural juices*

2 • *Next, uncover pan and boil away juices. In rendered drippings that remain (you can hear fat sizzle), quickly and neatly brown the meat*

3 • *Lay carrots, onions, potatoes, and turnips over meat. Simmer to luscious tenderness in wine and chicken broth. (Boil green beans separately to keep their bright color)*

DARROW

4 • *While stew keeps warm in oven, you prepare the sauce. Add whipping cream and mustard to pan juices. Cook to a golden color and consistency of heavy cream*

5 • *Arrange this party stew in a shallow container. Let guests serve themselves tender meat, flavorful vegetables, and silken sauce*

Springtime lamb stew

juices for about 30 minutes.

Remove lid and turn heat to high to boil juices down completely (takes about 10 minutes).

When meat starts to sizzle in its own fat, stir frequently until meat is richly browned. Add madeira and stir well to free browned drippings in the pan, then add mustard seed, thyme, peppers, bay leaves, broth, and wine.

Lay potatoes, carrots, turnips, and onions on meat. Bring to a boil; cover, reduce heat, and let simmer for about 1 hour or until meat and vegetables are fork-tender.

After about 50 minutes, bring 1 inch water to a boil in a 2- to 3-quart pan. Drop in beans and cook, uncovered, until fork-tender (5 to 8 minutes). Drain.

With a slotted spoon, lift vegetables and meat from broth and mound individually in a wide, shallow, ovenproof serving container. Arrange beans alongside the other vegetables.

Cover serving container loosely with foil and keep hot in a 150° oven for as long as 20 minutes.

Meanwhile, remove bay leaves from pan juices; add cream and Dijon mustard. Boil on highest heat until sauce is golden, thickened slightly, and reduced to 1¾ cups (8 to 10 minutes).

Pour sauce into a serving container. Garnish meat and vegetables with watercress. Let guests serve themselves, spooning sauce onto individual portions. Makes 6 to 8 servings. □

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DAVID STUBBS

***Radiating spokes** in end wall tie together in sheathed gusset. Two roof panels can open to vent hot air*

***Greenhouse** ties into existing asphalt roof. Sliding door opens room to outside*

***No nails** show at intersections. Cross-lap joints and metal straps on truss pieces make strong connection with horizontal 2 by 6's*

Curving trusses outside a bedroom frame their greenhouse-spa

Seven curving trusses, each made of short, straight pieces of redwood 2 by 6, form an arching framework for this greenhouse addition off a north-facing Sacramento bedroom. Each truss, based on a 10-foot-radius curve, is strong enough to support several men, though it carries only the weight of 30-inch-square panels of ¼-inch tempered glass.

A father-and-son team, Jasper and Jack Tucker, designed the truss system to create a 14- by 15-foot indoor-outdoor room. If you look closely at the photograph above, you'll see each truss is made of overlapping 2 by 6's that in profile create a series of shallow triangles. At each outside point, there's an intersection with a horizontal 2 by 6 that keeps the trusses spaced 30 inches apart. The glass mounts to these horizontals and to lengths of nonstructural 2 by 2 running from intersection to intersection. The Tuckers set the glass in silicone caulk and capped it on the outside with flat aluminum channels screwed to the wood.

Designed primarily as a spa room, the greenhouse provides unexpected energy efficiency, despite its northerly orientation: by opening the doors to the bedroom on winter days, owners Sally and Donald MacDonald can draw off heat captured in the tall greenhouse; in summer, they let hot air out through roof vents (operated manually) and bring in cooler air through the sliding doors and two ground-level vents. □

GM

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ROMAN MEAL CEREAL GOOD TIME ROLLS.

¾ cup shortening
½ cup sugar
1 teaspoon salt
1 cup Roman Meal Cereal
⅔ cup boiling water
1 pkg. active yeast
⅔ cup lukewarm water
1 tablespoon molasses
1 egg
3 cups all-purpose flour

Combine shortening, sugar, salt, cereal, and boiling water in large mixing bowl. Stir until shortening melts. Cool to lukewarm. Soften yeast in warm water. Add dissolved yeast, molasses and egg to first mixture. Mix on medium speed until blended. Add ½ of flour while mixing on low speed. Beat 2 minutes. Add enough remaining flour to make soft dough. Place in lightly greased bowl; cover and refrigerate overnight. Next day, form dough into rolls and place in greased muffin pans. Let rise in warm place until doubled (about 1 hour). Bake at 375° F. 18 to 20 minutes. Makes 1½ dozen.

MICROWAVE: Mix as directed. Follow instructions for baking of yeast breads as found in your microwave cookbook.

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GLENN CHRISTIANSEN

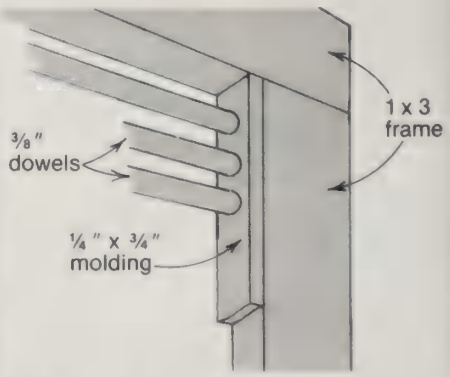
***Dowel panels** form a vented cabinet face for less than the cost of louvers*

They used birch dowels as cabinet vents

Instead of louvers, ⅜-inch birch dowels form these vented cabinet facings.

Pam Cutler of Bainbridge Island, Washington, designed the doors for the cabinet under her kitchen sink. First she built the door frames with 1-by-4 vertical-grain fir. Then, to make installation of the dowels easier (and to make sure they lined up horizontally), she drilled holes through clamped-together pairs of ¼- by ¾-inch fir molding strips. Hole centers are ¾ inch apart.

Cutler cut the dowels to the full width of the frame opening, then slipped them through the molding strips. She slid this grille into the frame, gluing the molding strips to the inside frame edges. □



***Molding strips** were drilled in pairs to hold 26 parallel dowels in each door*

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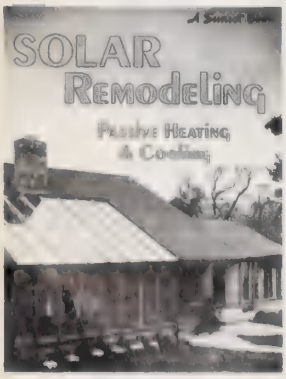
JACK MCDOWELL

Simple solar: *glass windows and doors turned this garage into direct-gain solar space; trellis provides summer shade. Tile floor stores heat for the room; fan-and-duct system moves excess warmth into the house. Design: Dr. Solar*

TOM WYATT

Vertical panels *on south end of house (left) produce heat that rises indoors through overhead registers (above). On second level, standard collectors heat water. Design: William Doubleday*



New book *gives planning help, project details. It will be on sale by mid-October*

Solar success stories from a new Sunset book

Passive solar technology has become so commonplace that almost any home can make use of it, as these two examples quickly show.

Part of 39 "solar success stories" in a new *Sunset* book, *Solar Remodeling* (Lane Publishing Co., Menlo Park, Calif., 1982; $4.95), both are surprisingly simple and highly cost effective. One is just a made-over garage; the other uses inexpensive, simple-to-make air collectors that could work well on nearly any south wall exposed to the winter sun.

Direct gain: just let the sun in

Before its redesign by Dr. Solar (whimsy, as well as inventiveness, pervades the passive solar world), the south-facing garage shown in the upper photographs was a winter liability: its leaky door was a thin

Photograph by Marie Cosindas

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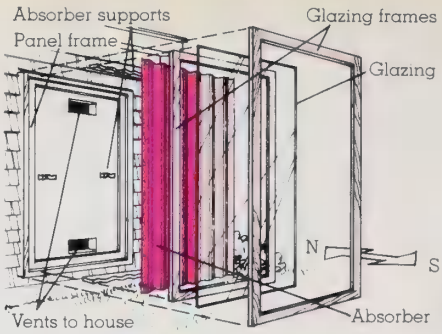
barrier against wind, and it provided a trapped pocket of cold air into which the attached house continually lost heat.

In what might be the fastest solar remodel in the West, Dr. Solar replaced the garage door with a glass door-and-wall combination that lets the sun penetrate, providing a warm pocket with heat left over for the rest of the house. Faced with wood and floored with heat-storing tile, the remodel added space as well as warmth.

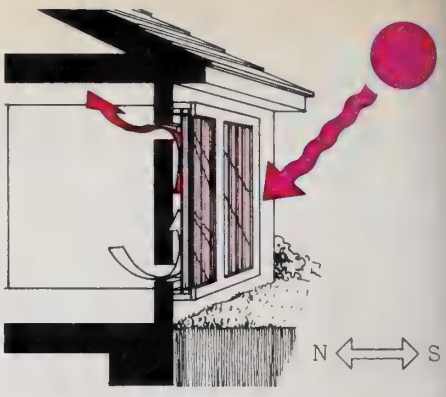
This is direct-gain solar: you just admit sun directly to your living space.

Air panels: outer walls as heaters

At first glance, William Doubleday's air-collector retrofit (lower pictures, page 112) might seem more complex. Compared with the remodeled garage, it certainly is—but this approach can often involve fewer structural complications than opening up a wall to the sun.



***House-heating panel** is simple collector made of black-painted corrugated metal behind glass. It's mounted on portion of south wall that has siding removed. Panel stands away from wall 2 inches to let air circulate; holes in wall are vents into house*



***Solar radiation** becomes heat when it strikes collector; heat rises into house through upper vent. Cooler room air returns through low vent. Because system naturally circulates air, collector is called a "thermosiphoning air panel" or TAP*

The collectors are called thermosiphoning air panels, or TAPs, named for the principle of heat distribution by natural convection: hot air rises.

The drawings above show what a TAP consists of and how it works. In order to mount the collector securely and to protect the siding from heat damage, you first remove exterior siding. Cut two air vents—one near the ceiling, one near the floor—through the wall, then cover the wall with foil-faced rigid insulation cut with matching vents.

Install wood framing to support the collector, which is simply black-painted metal absorber (corrugated sheet or several layers of wire plasterers' lath) behind glass. To leave room for heat to rise, offset the absorber a few inches from the rigid insulation.

Since they're daytime heaters only, TAPs are usually faced with only single glazing; some designers prefer heat-retaining double glazing in severe-winter climates.

New remodel book: is it your turn to go solar?

Solar Remodeling surveys a wide range of passive heating and cooling techniques—from full-scale remodels to the smallest heat-producing alterations very likely including one or more that you can adapt to your home. And as energy costs continue to rise even faster than today's inflation rate, this may be your year to consider solar remodeling.

Besides the "success story" examples, the 96-page book includes more detailed guidelines for simple projects: passive hot-water heaters, "window box" room heaters, shutters, awnings, even "solar furniture." And the introductory chapter helps you get started: explaining solar principles, helping you measure your home's solar potential, describing types of systems, guiding you toward professional help and further sources of information.

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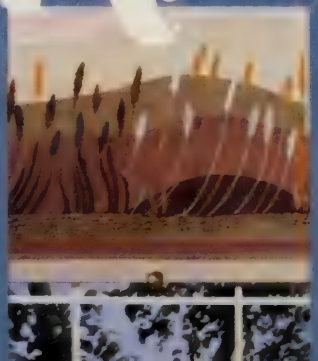

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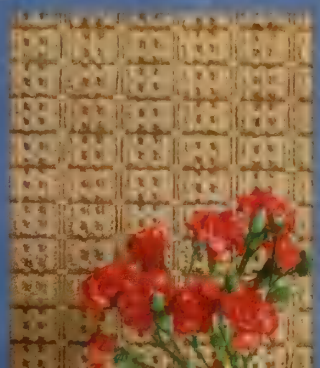

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ADC Inc., 3826 Mooney Blvd.
Ruddy's, 1411 S. Mooney Blvd.
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Contra Costa Appliance, 1100 Boulevard Way
Yuba City
Sutter Appliance, 673 Plumas St.

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Valley TV & Appliance, 264 Winnie Lane
Reno
Kitchen Factors, 2570 Wrondel

MICHAEL THOMPSON

***Wash of north light** brightens two-story entry and open stairwell. Outside, modified dormer is tucked above lattice-sheltered porch*

Lath and a big skylight as you enter

An airy lath enclosure highlights the entrance to this house in Eugene, Oregon. It also protects the front door from sun, wind, and rain. But without the 12-foot-wide skylight built into the house roof, the entrance hall and open stairway would be much too dark.

Outside, the lattice supports climbing roses and wisteria.

Indoors, the graceful open staircase to the second floor adds to the spacious feeling of the foyer. Since the roof with the skylight faces north, heat gain is not a problem; double glazing on the window slows heat loss.

Architect Dennis Hartley designed the residence for owners Carolyn and Wayne Henninger. □

The Changing Western Home®

DARROW M. WATT

Inconspicuous plastic storm windows mount inside

Interior plastic storm windows, like their conventional exterior glass counterparts, save energy by reducing air infiltration and creating an insulating dead-air space. Whether permanent or removable, the panels can double the R-value of your windows.

NORMAN A. PLATE

Above, you see the four most common window-fastening systems. (1) Adhesive-backed hook-and-loop fabric fastener strips are applied to an acrylic sheet and to a vinyl frame, as well as to the window frame. (2) Acrylic in an H-shaped aluminum frame snaps in place onto clips screwed into the window frame. (3) Adhesive-backed magnetic strips secure to metal or opposing magnet strips mounted on the existing window frame. (4) Adhesive-backed vinyl frames attach to window frame or inside the window jamb.

At left, magnetic strips on a ½-inch frame hold acrylic panels to window molding fitted with metal strips.

You can buy plastic interior storm windows in cut-to-size components for around $2 per square foot, in precut kits for about $5 per square foot, or have them custom-made and installed for up to $10 per square foot. Check home improvement centers, storm window dealers, and plastic suppliers.

High window plant perch

The breakfast room windows of Jeanne and Joel Sarner's house in Rancho Palos Verdes, California, sit about 15 feet off the ground, making for good views but difficult window cleaning. The shelf outside the windows, shown above, takes care of that and does more.

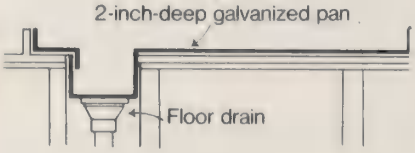
From inside it provides visual relief from the sharp drop-off of the floor-to-ceiling windows, which was a little disquieting before. From outside the slatted cantilever interrupts the expanse of glass and stucco. To form the cantilevers, floor joists were left long during the framing of the breakfast room.

Pots of succulents that seldom need watering are displayed on the shelf. Jerry Keller was the designer.

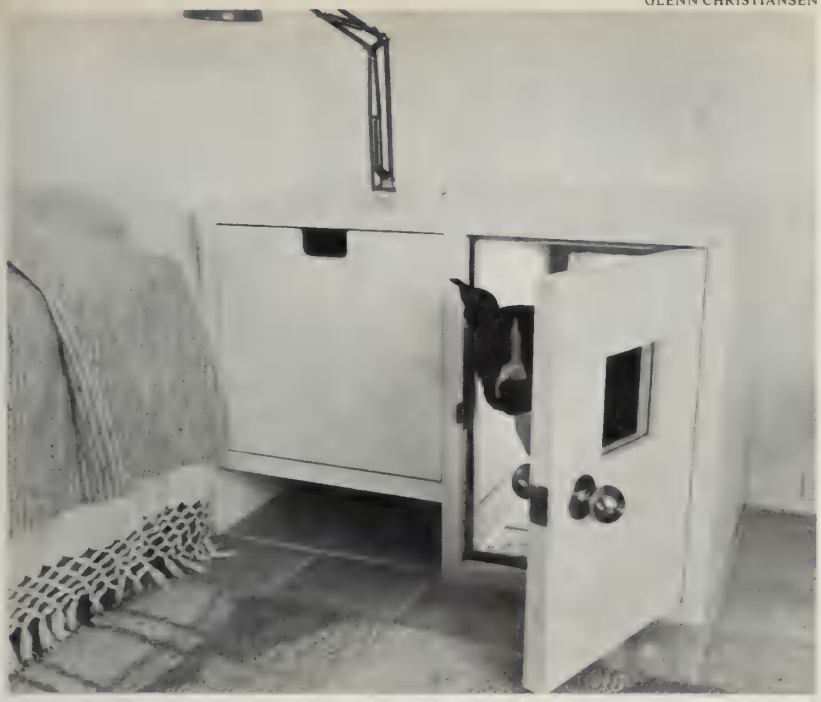
A washer where it's needed, with safeguards

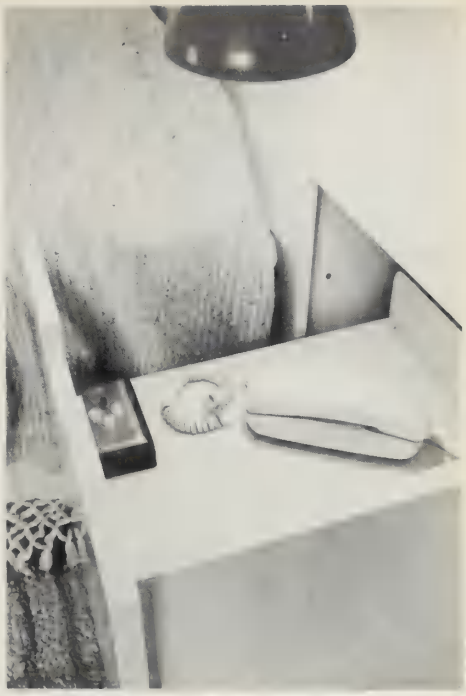
Laundry facilities for Portland architect Robert Cowman and his wife Elizabeth are upstairs on the bedroom floor. This convenience was arranged by running plumbing and drain lines into the space you see at right when an adjacent upstairs bathroom was plumbed.

In addition to the normal washer drain pipe, the space is also fitted with a galvanized steel drain pan as shown in the drawing. Any accidental overflow would be caught in the pan, keeping carpeting clean and dry.



GLENN CHRISTIANSEN





Bella still has a little trouble getting the key in the lock

"I'm sick and tired of jumping up in the middle of the night to let the dog in or out." That was an aside from the owner of this Tucson house to architect Judith Chafee while they were planning its remodel.

Chafee took the client's wishes to heart and came up with this bedside table complete with canine entry.

The section nearest the bed pulls out on metal drawer glides to reveal a top shelf wired for telephone and light switches. Under this is a bed-facing shelf for books; the solid panel along the drawer's right side keeps the pooch out of the reading material.

The weatherstripped dog door leads in from the back yard; a standard locking knob seals the entry up tight. And there's even a little window to make sure it's the right dog.

DAVID STUBBS

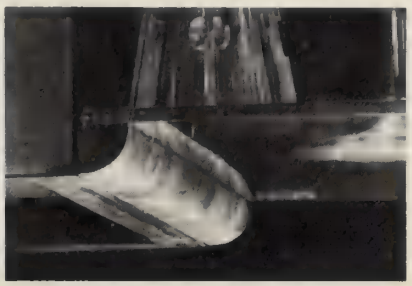
Beam-end parquet flooring

Most folks prefer strip hardwood flooring, with the grain pattern running in long lines. But JoAnn and Thad Nelson of Lebanon, Oregon, liked the bold, bull's-eye swirls of the end grain. At a local mill, they had 1½-inch slices cut from 8-by-8 fir beams and used them as parquet blocks for their dining room floor. The blocks were set loose over sand, then sealed with urethane.

Quarter-rounds hold up their ends

A glass shelf couldn't be much simpler than this example in Alice and Robert Getz's house in Newport Beach, California.

Wall-to-wall cabinets formerly hung above the pass-through from kitchen to dining area. But to increase the feeling of space, Los Angeles architects Viniegra & Viniegra replaced the central cabinet with a shelf of ½-inch tempered glass; it rests on lengths of quarter-round molding mounted with countersunk finishing nails. □



RUSS A. WIDSTRAND

"From rags to riches" is slogan of rug-braiding class in Lafayette, California. Here, 13 class members work on individual projects

DON NORMARK

Reviving the sociable craft of rug making

Braiding rugs is a sociable activity people enjoy doing together. And the results, as our photographs above and on page 126 show, can be handsome indeed. Thrift started our ancestors braiding rugs, and it is still one good reason for plaiting fabric scraps into rugs.

In Lafayette, California, the women you see above have revived the craft. Under the tutelage of craftswoman Lucille Patterson, many of them have been meeting weekly for 20 years to work on their projects. They long ago decided to use only wool, which they prefer for its durability and resiliency.

You may not want to sign on for two decades of rug braiding, but you might enjoy learning this group's techniques to start a smaller project, such as a chair seat cover, while deciding whether to make the time commitment to a rug.

Collecting wool

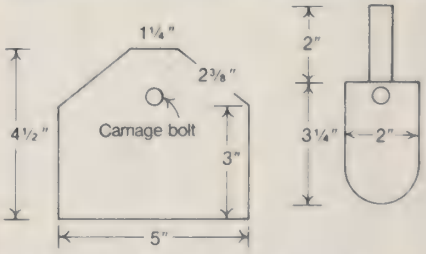
Accumulating old woolens (coats, jackets, blankets—and pants, dresses, and bathrobes, if the fabric isn't too thin) can take on the aspect of a treasure hunt, and thrift shops and garage sales can turn up bonanzas. "I look for coats wherever we go," one woman told us. "I once bought 13 in a day while traveling through Utah." Mill-end stores are another source, particularly if you are looking for a hard-to-find color.

Rug makers also trade woolens with each other. The Lafayette group all carry swatches of fabric in colors they are currently searching for, along with samples of wool they are willing to trade.

Preparing wool for use

Each woolen must be washed, dried, and then ripped into strips. When washing,

(Continued on page 124)



***Tension block** (directions for making on page 126) holds braid firm. Made from wood scraps, screws, and glue, it's attached to work surface with a C-clamp*

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Klorane's treatise on the virtues of botanicals.

Cleopatra annointed her dark hair with the oils of the henna berry.

Walnut leaves from Persia were a precious luxury to dark-haired women of ancient Rome.

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Klorane Shampoos. In a class by themselves.

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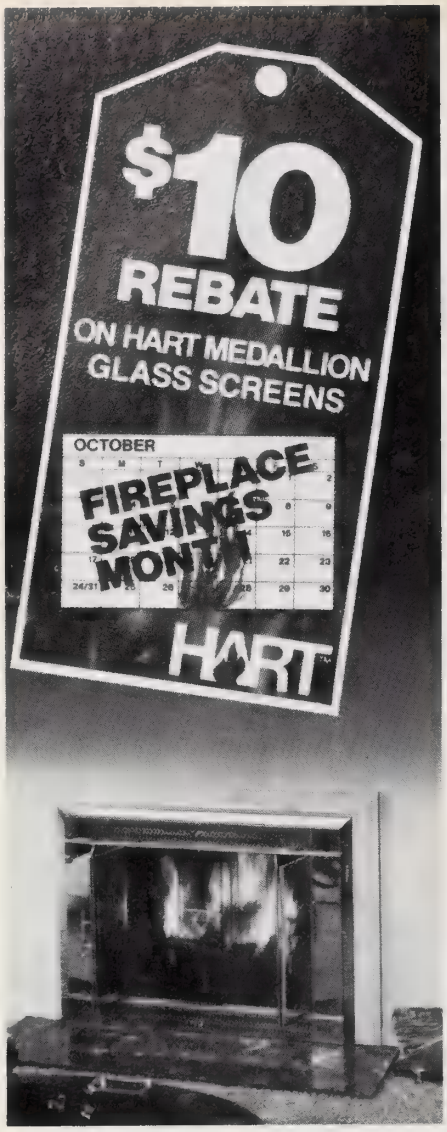

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just use regular laundry soap and warm water in your washing machine. Wash lights and darks separately.

Rip clean wool into strips: 1½ to 1¾ inches wide if very heavy, 2 to 2¼ inches if medium weight. Save lightweight woolens and rip 2 to 2½ inches wide; use for very small rugs or chair pads.

Join the pieces as shown below. Then roll strips of one fabric together into a spiral for easier handling.

Most of the woolens should be assembled before you begin. But for a large rug, say 9 by 12 feet, you collect as you braid. It took a year to gather the black, camel, and beige materials for the wall-to-wall rug pictured on page 126. At one point, the rug maker's garage was full of coats.

If you have large amounts of woolens, store them in plastic garbage bags or containers, with moth balls if necessary.

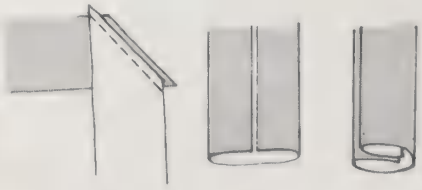
With woolens washed, ripped, sewed into strips, and rolled into spirals, you are ready to plan the design of your rug. One way to do this is called *charting:* cut fabric samples ½ by 2 inches long and pin them together in threes. They represent the three strands of a single braid. Pinned in your choice of color sequence to a scrap of fabric, the samples become the pattern from which you make your rug.

Braiding the strips and putting the rug together

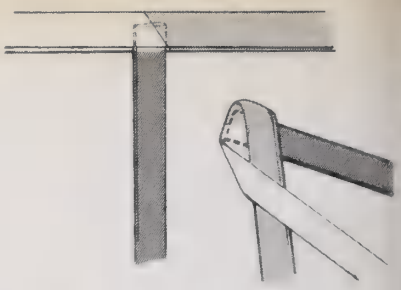
Next comes the braiding; see our drawings for one way to begin. Making braided rugs calls for little special equipment: needles and thread, scissors, pins, and strong thread to weave the braids together. A tension block made from scrap wood, shown on page 120, can hold the strands as you braid and help keep the braid even and straight.

The pioneer way of putting a rug together is called *coiling*—a continuous braid started at the center tails off at the outer edge. Color changes are made one strand at a time, and the result is the familiar hit-or-miss pattern. *Butting* is a more controlled method. Each braid is finished as a complete circle or ring, slightly larger than the last one, then sewed to it. This method allows for designing according to a preconceived color scheme.

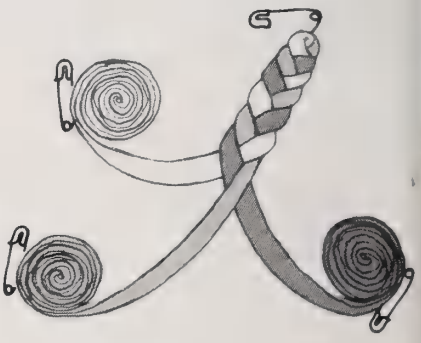
Though braided rugs can be any size or shape, even square, the decision must be



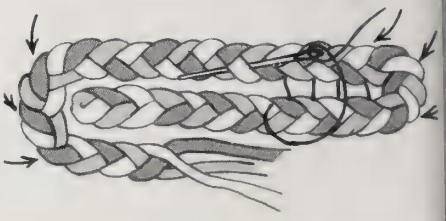
***Join strips** of fabric (3 to 6 feet long), torn along straight grain, by machine-stitching on bias. Then fold strips as shown to make ½-inch strand with no raw edge, roll into spirals*



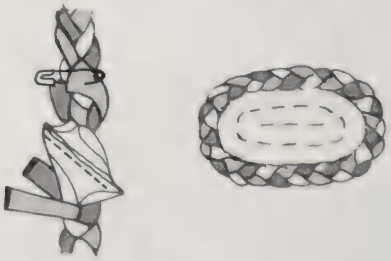
***To start** the braid, sew one folded strip at right angles to two other joined strips. Pin or clamp (see first page), then start braiding*



***Braiding:** with top of braid held firmly by pin or clamp, braid strips, keeping them even and straight. Secure each spiral with a safety pin so folds stay in place while you work*



***Coiling** results in continuous braid; length of center strip before it turns determines rug's shape (this will be oval). Lace together adjoining braids. For smooth turns, braid an extra turn on outside of curve at least in first few rows (see arrows)*



***Butting** is a method of assembling a rug in which each coil is complete in itself; the resulting rug looks more finished. Begin by braiding a tight round or oval shape, then add on concentric braids, each larger than the last. (Start each coil with three strips of fabric pinned together; complete the round or oval by matching raw ends and sewing them together)*

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made at the beginning. For round and oval rugs, the shape of the center dictates the final shape. Squares and long straight rugs can be made by lacing the braid in parallel rows.

Work on a flat surface such as a dining room table or a ping-pong table. But you will likely wind up working on the floor. One woman said, "You really slim down when you're sewing a rug on the floor."

Under your braided rug, use a carpet pad, such as a thin foam rubber one. Shampoo the rug to clean it, just as you would any fine wool carpeting.

To make a tension block

You'll need a scrap of wood or plywood 1 by 6 by 12 inches from which to cut a 5½- by 7-inch base and a 4½- by 5-inch side piece with angled top corners. Also assemble a squarish block 3¼ inches long; glue a 2-inch length of ½-inch dowel for a handle into a hole drilled in one end of the block. Round the block's other end, as diagrammed on page 120.

Two woodscrews hold the base to the side. A ¼-inch carriage bolt 2½ inches long with washer and nut attaches the block to the side piece; leave at least ¼ inch between block and base so you can wedge a braid under the block. A standard 3-inch C-clamp will attach the finished tension block to the edge of most tables.

If you become serious about making rugs, libraries and bookstores have many good books on the subject. □

DON NORMARK

Wall-to-wall braided wool rug measures 14 by 20 feet. It was made in 3-foot-wide sections, then laced together on floor

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***Insulating panels on** roof screen skylights on summer days, trap heat on winter nights. Awnings come off in winter to allow solar gain. Water heater at upper left stores heat in tank atop solar panels*

Solar strategy in Davis . . . control panels over skylights

The same design strategies that provide passive solar heat in winter can keep your house remarkably cool on even the hottest summer days.

How? Heat is kept out by the same insulating window and skylight coverings that trap precious heat indoors in winter. Any warmth that builds up indoors on summer days is absorbed by the same water storage mass that stores solar heat in winter.

In this house in Davis, California, designer Tanya Olsen provided Cherise and Ronald Northcutt with a good example: an indoor climate that stays pleasant year-round with little energy use.

A south-facing sunroom gathers radiation through large windows and skylights. Some heat enters the house directly through sliding doors and windows, and some stores in two metal water tanks set into the wall. At night, the stored heat radiates indoors.

On hot summer days, the heat-gaining openings are shaded and shuttered, and the storage mass absorbs ambient heat. At night, this heat is expelled by exhaust fans and by opening doors and windows.

The skylight panels are made from rigid foam insulation clad in aluminum. □

***Winches in sunroom** control skylight covers. Dark panel below her arm is heat collection side of water tank*

***Water tanks** in wall radiate collected solar heat, or absorb excess house heat*

NORMAN A. PLATE

***Desk organizer** and light source in one, this contemporary-looking lamp is made from sections of cardboard mailing tubes glued together*

***Cut tubes** with coping saw, following lines drawn around them connecting pairs of marks*

***Fill spiral furrows** with spackling paste, inside and out. Let dry, then sand off excess*

***Glue** a ½- by 12-inch strip of bias tape over sloping edge of each tube. Snap lids on bottoms*

Made from cardboard tubes, this lamp helps organize your desk

With little effort or time, and for less than $20 (not including shade), you can make this attractive desk lamp/organizer. The cardboard mailing tubes that form the base of the lamp can hold pens, pencils, paintbrushes, rulers, scissors, or even a bouquet of dried flowers.

To find the tubes, look in the yellow pages under Drafting Room Equipment, Blue Printing Supplies, or Mailing Containers—or check at stationery or art supply stores. We used two 36-inch-long, 3-inch-diameter tubes with recessed plastic lids. You may need to adjust our directions to suit the type and size of tube you buy.

You'll also need a quart of gesso (from an art supply store), a small can of spackling paste (hardware or paint store), a 2-inch paintbrush, a mat knife, white glue, an electric drill with ¼- and ⅜-inch bits, a coping saw, and 2 yards of bias tape.

For the electrical workings, buy an 18- or 19-inch-long threaded rod (depending on kind of lids), 5 lock nuts, a 2½-inch vase cap, a socket, a 10-inch harp with bolt, and about 9 feet of electrical cord with plug (about $9 in all).

Mark the tubes for cutting into seven unequal parts by first drawing two lines the length of the tube on opposite sides of each cylinder. Next, lay a measuring tape along one line of the first tube and mark at 17, 20, 27, and 35½ inches. On the opposite side, measuring from the same end, mark 17, 22½, 27, and 33 inches. Using the measuring tape as an aid, draw lines around the tube joining opposite marks. Then cut pieces using a coping saw.

On the second tube, in the same manner, mark 10, 19, and 32 inches on one line; 7½, 19, and 29½ inches on the opposite line. Draw connecting lines and cut.

Using spackling paste or patching plaster and a spatula or knife, fill the outside and visible inside spiral furrows on each tube. Let dry, then sand off excess.

To cover the top rough edge of each slanted tube, glue a 12-inch strip of bias

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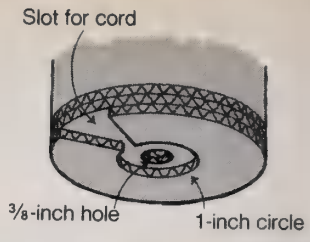


***Make the lids,** if necessary. Cut 12 cardboard circles; glue one onto bottom of each sloping tube. For longest tube, glue three circles together for each end. Drill a 3/8-inch hole through both sets; also cut 1-inch circle and slot on last layer. Fill cracks with paste*

tape over the beveled edge. Push plastic or metal lids into the bottoms of these tubes (or use optional cardboard lids).

For the central tube, drill a 3/8-inch hole for the 18-inch rod through top and bottom lids. Insert rod through bottom lid and affix with lock nuts on both sides (bottom of rod should be flush with bottom lock nut). Position bottom lid (with rod) in tube. To add weight at this stage, you can partly fill the tube with bird gravel or sand. Position the third lock nut on the rod about 1/8 to 3/8 inch below rim of tube, depending on depth of lid recess. Force top lid over rod and snap in place; cinch tight with fourth lock nut.

Drill a 1/4-inch hole for the cord at the bottom of the central tube, drilling through the side of the recessed lid and the tube. Drill two similar holes through the base of what will be an adjacent tube.

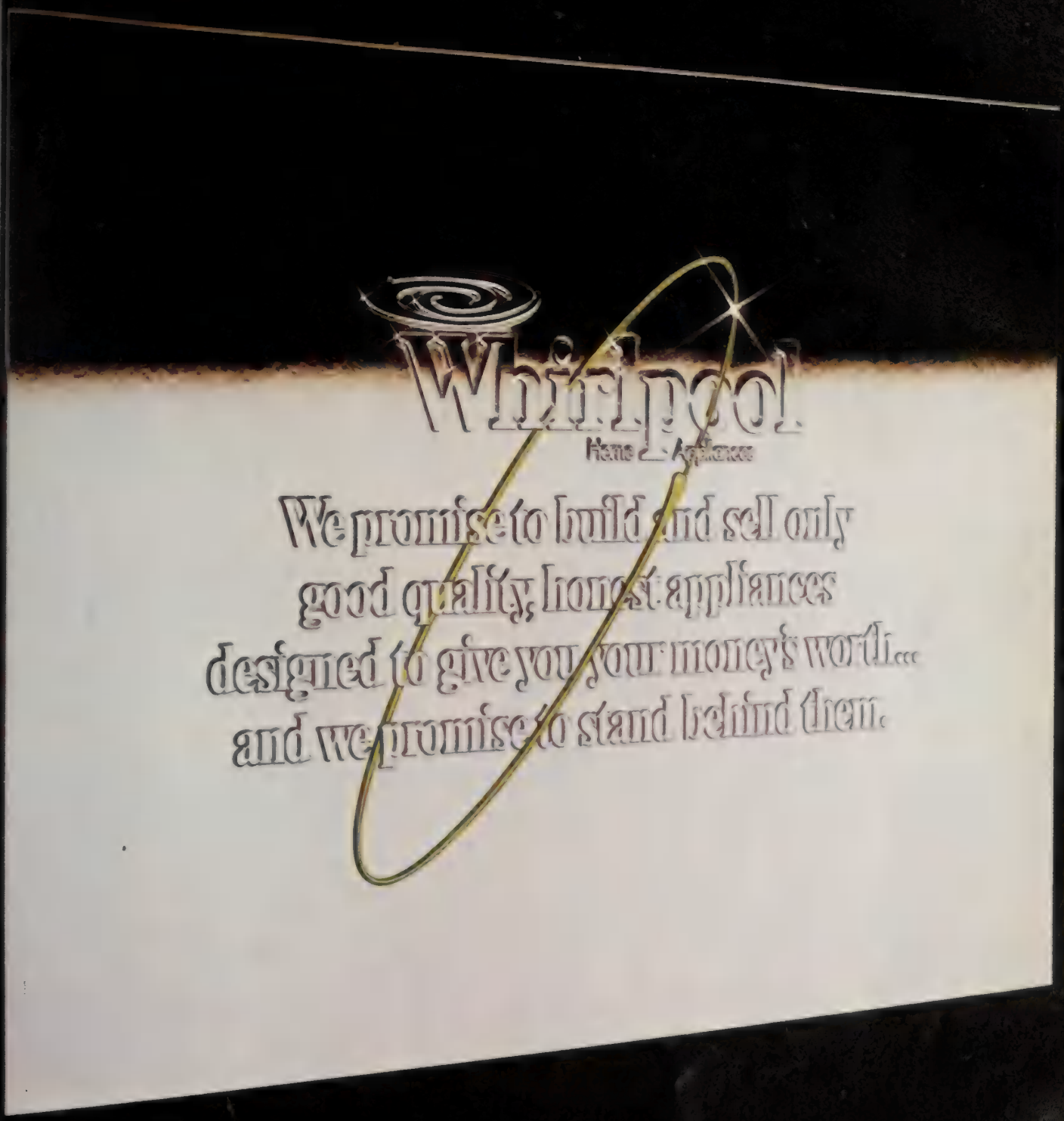
Option. If you aren't able to find plastic or metal lids, use a mat knife to cut 12 disks out of corrugated cardboard to match the outside diameter of the tubes. Glue one disk onto the bottom of each sloping top tube.

For the central tube, glue together a top and bottom set of three disks each—but first cut an exit for the lamp cord, as diagrammed above. Drill hole for the 19-inch rod. Insert rod through bottom lid, add lock nuts (see preceding directions), and glue lids in place.

Now fill edges of corrugated cardboard with

NORMAN A. PLATE

***Paint five coats** of gesso, straight from the jar, on outside and inside of each tube. Let dry between coats and sand smooth*



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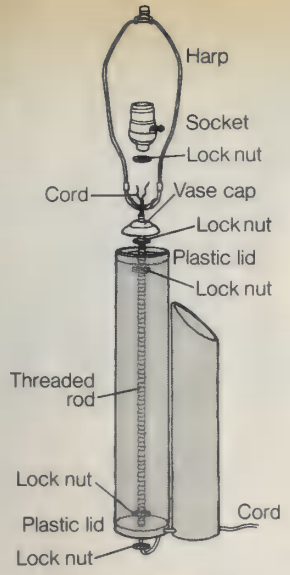

***Take this diagram** to an electrical supply store; parts are all standard*

packling paste; let dry and sand smooth.

'ube assembly. Paint all tubes with gesso. 'o mask the tube construction, you may eed five or more coats; each takes about 5 minutes to dry.

rrange the beveled tubes by size around he central tube. Glue tubes to each other; se a heavy rubber band or elastic tape to old them while the glue dries. Remove he band or tape, and brush on a last coat f gesso. If you want to make the surface vashable, spray on white enamel.

nstall vase cap, harp, fifth lock nut, cord, nd socket, as in the drawing. Then add a hade of your choice; ours is 10 inches igh, 16 inches in diameter.

NORMAN A. PLATE

***Glue other tubes** around base. Hold together with rubber band while glue dries. Apply final coat of gesso. Do final electrical assembly*

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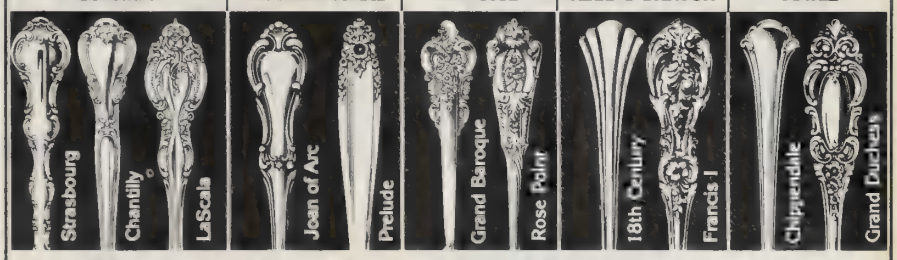

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DAVID STUBBS

Wooden baffle below overhead skylight diffuses sun's rays by bouncing them off rows of 3 by 6's and back wall. The wood warms the tone of the light

Wooden baffle for the skylight

The benefit of a skylight—bright, inexpensive overhead daylight—is often accompanied by unexpected drawbacks: glare, heat buildup, and the fading of carpet, draperies, or artwork. Careful sizing and placement of skylights can reduce these problems, but sometimes other measures must be taken to deal with too much brightness.

When he was designing the upstairs bathroom of his home, architect Robert G. Zinkhan Jr. of Sonoma, California, knew he wanted a long, slender skylight over the sink, but he also wanted to avoid the problems that come with too much surface area. His solution: a wooden baffle below the 1½- by 12-foot skylight.

A series of 42-inch-long 3 by 6's, spaced 8 inches on center, are blind-nailed to a 3-by-8 ledger mounted to the wall studs. Most of the baffle's weight is carried by countersunk 10-inch-long, 3/8-inch lag screws running through the boards and into a header beam that frames the opening for the skylight. The beam extends several inches below the ceiling to make the baffle seem to float.

Zinkhan sanded and sealed the ends and sides of the wood in the baffle but left it unpainted so its color matches that of the wood-topped sink pedestal. □

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From hillside vantage point, *shy sleuth watches gazebo party. Smoke from barbecue pit sneaks out open center of lattice roof*

DARROW M. WATT

Support post *provides backrest for benches hung between alternate sets of posts in inner support circle*

It's a party gazebo

Twelve sides, open for the breezes. Lattice overhead for shade. Benches and a table are built in

Shaded by lattice and open to afternoon breezes, this 12-sided gazebo lets Laura and Bruce Weiner entertain outdoors even when summer temperatures in Morgan Hill, California, reach into the high 90s.

Redwood 1 by 3's spaced 3 inches apart form the roof and enclose six sides of the pavilion. The 4-by-6 rafters rest on two concentric circles of support posts: 4 by 4's in the middle and 4 by 6's on the perimeter. Posts are fastened to central beams with bolted heavy-gauge L-brackets and to the ground with post anchors set in concrete. Short 2-by-6 rafters secured with joist hangers tie into the middle and outer beams.

The roofing stops short of the center to form a 4-foot opening; caps of copper

Illustrated above: New *Melon Bud* and new *Classic Key* from the Gorham Design Studio Stainless collection. Gorham, Providence, RI 02907.

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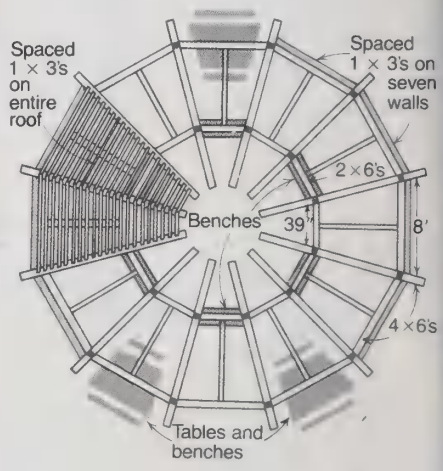
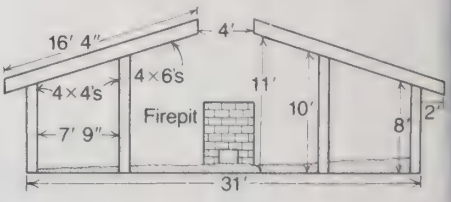
DARROW M. WATT

***Picnic tables** built on anchored 4 by 4's are set between support posts at three spots on outer ring*





***Like spokes on a wheel,** post-and-beam structure fans from open center fitted with brick barbecue. Entry is between two lower picnic tables*

sheeting protect the upward-tilted rafters from water damage. Beneath the opening is a brick barbecue pit. Fireside benches are hung between every other set of inner posts, and three picnic tables are built into the outer ring.

Flagstone laid loosely and mortared on a sand base forms the paving, which slopes slightly to promote drainage. Large shrubs flank the entry path and the screened sections of the outer ring, further shading the structure and softening its lines.

From the Marimekko Collection of bedroom fashions. "Evening," "Meadow" and "Comb Stripe" coordinating sheets and pillowcases in **Fortrel**® polyester/cotton no-iron percale. Comforters, comforter covers, pillows and shams in matching patterns. At John Breuner, San Francisco; Lofgren's, Salt Lake City; Denver Dry Goods, Denver. © 1982 Dan River Home Furnishing Products Division, N.Y. 10018

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STORE COUPON

DON NORMARK

***Closed**, stained glass panels shed softly colored light into living room. Open, they frame country views*

Stained-glass panels flip open

When sun control is needed, stained-glass panels turn harsh afternoon light into a softly colored glow that splashes across this living room alcove. But when owners Lucy and Frank Vane want to enjoy the window's expansive views of Port Townsend, Washington, they open the bifold shutters.

To provide a home for stained glass created by his wife, Mr. Vane framed each panel with Douglas fir 1 by 2's; ¼-inch dowels glued into predrilled holes reinforce each mitered corner. The panels rest in a ¼-inch rabbeted notch with four quarter-round wood stops holding them in place from the back.

The hinged pairs of shutters slide on tracks in sill tops. When open, the 9- by 46-inch shutters fit inside the sills without protruding into the alcove.

Sand and fire, breath and hand

Handblown exclusively for Pier 1 by the artisans of Vitrocrisa Cristaleria

For a few fleeting moments molten material for a single wineglass is subject to the artisan's will. Quickly he shapes the bowl with his breath, the stem with his hands. The glass cools. He makes a cut around the bowl, snaps off the "dunce-cap" at the top, then grinds and polishes the rim. Some artisans still work this way, learning the craft from fathers and uncles in the same glassworks. We buy directly from them in eastern Europe, Italy, Spain and Mexico, and bring their work to you for under five dollars a stem. Come and see our new collection from Mexico, exclusively Pier 1's.

The new Pier 1 collections

Pier 1 Imports: 300 stores. Check the white pages.

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The Chinese opera in Singapore is unlike anything you've ever seen.

It is not performed on an elaborate stage in a theater. The nearest street corner will do.

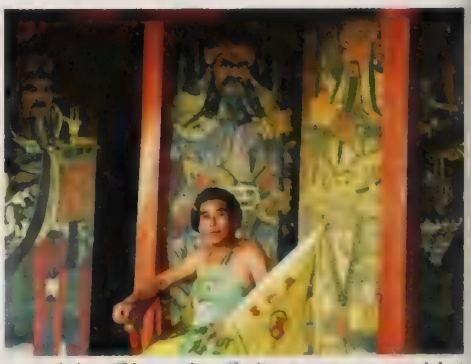
And there's no extravagant charge for admission. For "Wayang" is performed for everyone, to celebrate feast days.

The opera in Singapore is as different as Singapore itself. And if you're one of our 3 winners, you can visit "The Most Surprising Tropical Island On Earth" as our guest.

OUR VACATIONS TO SINGAPORE ARE SO EXTRAVAGANT, YOU MAY FEEL A LITTLE GUILTY ABOUT WINNING THEM.

Our Grand Prize winner receives round trip First Class tickets for two from San Francisco to Singapore aboard Singapore Airlines, the airline with one of the world's most modern fleets; the most flights from the West Coast to Singapore, and services to 35 other cities.

Our winner also receives accommodations for 5 nights and 6 days in the



exquisite Givenchy Suite (or comparable) at the Hilton International Singapore. Chauffeured limousine. A harbor cruise, city tour and trishaw adventure through Chinatown. Three excellent meals daily, including the 12-course Dynasty Dinner

gapore.

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The moment you arrive at our new ngi Airport, the largest and most modern in Southeast Asia, the excitement begins. For Singapore is alive with surprises.

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And the shopping in Singapore is without equal. For it is a duty-free port with an astounding array of goods from all over the world.

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IF YOU CAN ANSWER A FEW QUESTIONS ABOUT SINGAPORE, IT COULD BE YOURS.

To win our contest, you must answer 3 questions. Then write the answers on the coupon and send it to the Singapore Tourist Promotion Board. Coupons with the correct answers are placed in a barrel and the first 3 drawn win. Winners can take their vacations anytime before December 31, 1983.

The questions are:

1. Singapore's new Changi Airport is:
   A. Southeast Asia's largest.
   B. Southeast Asia's smallest.
   C. Not even in Southeast Asia.
2. The Givenchy Suite is at the:
   A. Jakarta Hilton International.
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3. Singapore Airlines has the most services to Singapore plus flights to:
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   B. 45 other cities.
   C. 35 other cities.

The Givenchy Suite at the Hilton International Singapore.

Only 6 people will be going to Singapore as part of our contest. But if you're not one of the lucky ones, come soon anyway.

After all, Singapore is "The Most Surprising Tropical Island On Earth."

RULES AND CONDITIONS

1. No purchase necessary. 2. Completed entries must reach the "For People Who Think They've Seen It All" Contest, Singapore Tourist Promotion Board, 10744 Jefferson Blvd., Suite 6151, Culver City, CA 90230 on or before Nov. 30, 1982. Singapore Tourist Promotion Board is not responsible for entries received after that date. No responsibility will be assumed for lost, misdirected or late mail. Entries must be submitted on the official entry form or a reasonable facsimile thereof. 3. Entries with all correct answers will be put into a barrel and Grand, Second and Third Prize winners will be selected in that order by random drawing. 4. Prizes are not transferable or exchangeable. The approximate value of all prizes is S$51,510 (or approximately U.S. $24,000 per recent exchange rate). 5. Winners are responsible for taxes, levies, or charges on winnings, whether payable in Singapore, the U.S. or elsewhere. No claim for reimbursement shall be made against the Singapore Tourist Promotion Board, Singapore Airlines or the Hilton International Singapore. 6. Only one entry from each individual is valid. Only one prize to a family or household will be awarded. If the winner is a minor, a prize will be awarded in the name of a parent or guardian. 7. No consolation prizes will be offered. 8. A list of winners will be available by writing the "For People Who Think They've Seen It All" Contest, Singapore Tourist Promotion Board, 10744 Jefferson Blvd., Suite 6151, Culver City, CA 90230. A stamped self-addressed envelope will be required. 9. Employees or relatives of employees of the Singapore Tourist Promotion Board, Singapore Airlines, or the Hilton International Singapore and their advertising agencies are not eligible. 10. Entries close on Nov. 30, 1982. Winners will be notified by Dec. 31, 1982, by mail at the address listed in the entry blank. 11. Winners may be required to execute an affidavit of eligibility and sign a release from any claim against the Singapore Tourist Promotion Board, Singapore Airlines or the Hilton International Singapore. 12. Travel on Singapore Airlines is round trip from San Francisco to Singapore. Travel to and from San Francisco is at the winner's expense and not of the Singapore Tourist Promotion Board, Singapore Airlines or the Hilton International Singapore. 13. Winners are required to make requests 60 days prior to departure for accommodations and airline reservations. Accommodations and ticketings are subject to availability at time of request. Prizes will expire, if not used prior to Dec. 31, 1983. 14. This contest is limited to residents of the U.S. 15. Void where prohibited by law. All federal, state and local regulations apply. 16. Drawings will be made by an independent party. 17. The decisions of the judges will be final.

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Answer each question with the appropriate letter.

Question No. 1 _____
Question No. 2 _____
Question No. 3 _____

I agree to abide by the rules and conditions of the competition and accept that the decisions of the judges are final.

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Singapore

DAVID STUBBS

Bamboo screens hook to eave outside bedroom to block summer sun, give tropical look to private patio packed with shade-loving plants. Bamboo is stapled to simple frames

Bamboo eave hangings for shade, a tropical look

A tropical hideaway was what Helen and Tim Hays wanted off their bedroom in Riverside, California: their lushly planted patio could at least give an impression of coolness in hot summer weather.

The house had extra-long eaves to shade the bedroom's sliding glass doors, but the sun still angled through a gap between the end of the eaves and the top of the new fence.

Simple wood-framed bamboo panels, hung from the eaves with a hook-and-eye system, now fill that gap while adding to the tropical look of the retreat. The fir frames have half-lap corner joints and are stained to match the house trim. Bamboo screening (about $8 for a 6- by 15-foot roll at building centers) is stapled to the backs of the panels.

The location is sheltered, so there is little danger of the panels blowing down in the wind. Once the hot weather is gone and the sun is more welcome, the screens come down and are stored in the garage.

Architect Clinton Marr of Riverside designed the small, brick-paved terrace so that various broad-leafed evergreen vines would cover the fences and that shade-loving tropicals would fill the planting beds. A gate on one side of the enclosure leads to the garage area. □

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Brach's brings you that fresh candy store taste today.

Enjoy Brach's chocolate covered mints. Taste that rich, dark, real chocolate. The creamy, smooth, cool mint center. So tempting. Simply delicious.

For old-fashioned candy store taste, bring home some Brach's. Today.

BRACH'S

The candy store candy.

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DAVID STUBBS

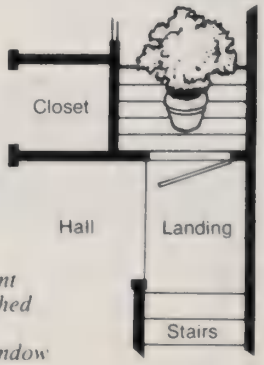
Potted camellia, *framed by window, thrives in light well outside stairway*

Leftover space as "plant well"

The light well in this San Francisco residence offered plenty of light but nothing very interesting to look at, so architect Peter Van Dine turned it into a "plant well." Located just outside a tall window at the top of a stairway, a wall-hung shelf creates an outdoor display case for a large potted camellia.

Directly outside the window, Van Dine placed a 3- by 4-foot platform several inches below the sill. The low placement conceals the 2-by-6 redwood flooring, which rests on two steel fire-escape brackets bolted to the walls.

An 8-foot-tall lattice screen provides a simple backdrop for the plant. The casement window swings open to allow easy watering. □



Outdoor *plant shelf is reached through tall casement window*

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GLENN CHRISTIANSEN

***Substantial** corner fireplace is actually prefab faced with large river rocks*

Behind the stones, steel prefabs

Looking like hand-built stone hearths, these are actually steel prefab fireplaces in rocky disguises. Both were designed by architect James Cutler of Bainbridge Island, Washington.

In his own house (above), Cutler used river rock to face the top and sides of a heat-circulating prefab. Warm air is ducted through slots between the rocks just above the firebox opening. The rocks warm up too, releasing their heat later. The top surface serves as a mantel and plant shelf. From there, the flue runs up through the ceiling.

On the installation below, the fireplace was installed flush to the inside wall, letting the box protrude outside onto a deck space. Here the rock facing provides a strong waterproof housing as well as visual interest. ☐

***Mortared** rocks of other fireplace protect it from weather, suit house's rustic look*

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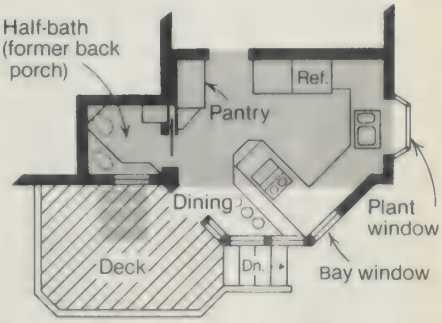
agonal flooring and angled placement of cooking and serving peninsula kes the small room seem less boxy and confined

***New windowed bay** and deck expand kitchen of 1907 colonial revival*



***Shaded portion** of plan shows old kitchen and back porch before remodel*

New deck and kitchen for 75-year-old Portlander

ne first investment Beth and Richard yers made after buying their 1907 colo- al revival house in Portland was a new tchen. Since they were carefully restor- g the classic box house, to enlarge the oset-size kitchen and add a small deck quired sensitive planning.

itchen specialist Ken Stanley of Neil elly Designers/Remodelers worked with ne Myers, adding just a few extra square et, to create a very compact but work- ble kitchen with plenty of storage and ating space. They were also able to con- ert the old back porch into a small bath- oom off the kitchen, and to add a deck nd steps for access to a big back garden.

wo major design decisions made the itchen remodel work—the addition of a ear bay to hold a serving bar and cooktop eninsula, and the diagonal placement of ne peninsula. The diagonals of the bay's side planes suggested the space-saving position of the peninsula and even the diagonal flooring which makes the kitchen seem wider. Outdoors, the decking continues the oblique lines.

The new kitchen ceiling slopes to match the angle of the bay window's roof. Over the projecting bay, leaded-glass panels provide daylight (the leaded glass is covered with tempered glass for safety and weatherproofing). Inboard of the bay, plastic panels conceal warm incandescent lights.

The center window in the new bay is fixed glass. Narrower double-hung windows at each side fit in with the style of the old house. The sink enjoys its own small plant window.

A drop-in range with a down-drafting fan eliminated the need for an intrusive over-counter hood. □

***Pair** of beveled glass skylights fit between ceiling beams in sloping roof of bay window*

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NORMAN A. PLATE

***Ship-tight room** compresses space by elevating bed. Between-studs ladder makes it easy to climb into bed. Plastic laminate countertop unifies bureau and desk*

Bunk, desk, and storage in just 70 square feet

As functional and tight-quartered as a stateroom aboard a ship, this child's bedroom makes the most out of a limited space. It's one of three small bedrooms that San Diego architect Peter Rodi added to the rear of Mary and John Buser's house at Point Loma, California.

Each room has a bed, a closet, built-in storage, and a desk. To make the best use of floor space, Rodi stacked each bed bunk-style over the bureau. The 11-foot-long room shown above is only 6½ feet wide, and the elevated platform holds a standard 39-inch-wide twin mattress. The 2-by-8 frame around the mattress is lag-screwed to the wall studs on three sides.

The long-range idea is to provide privacy for the children while they are growing up, without overbuilding. With this in mind, Rodi made the walls between the rooms nonstructural so that they can be removed after the children leave. The result will be a large family room that can double as a guest room.

***Sleeping bag stores** in potentially hard-to-reach corner of counter; hatch lifts off for easy access*

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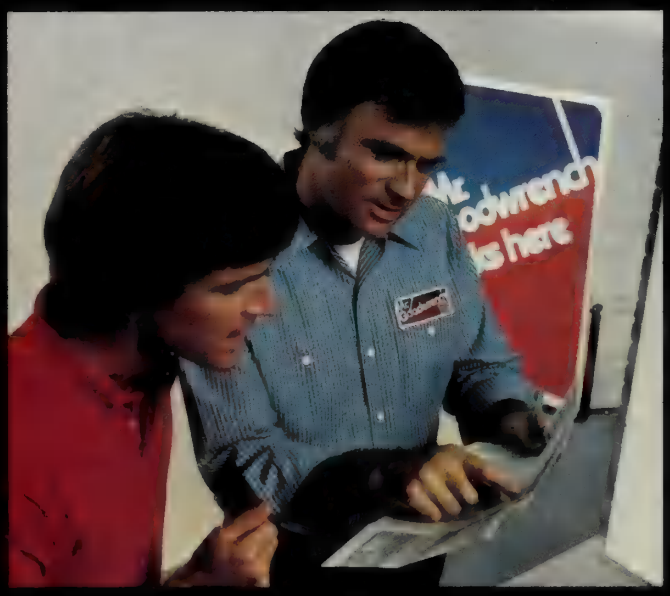

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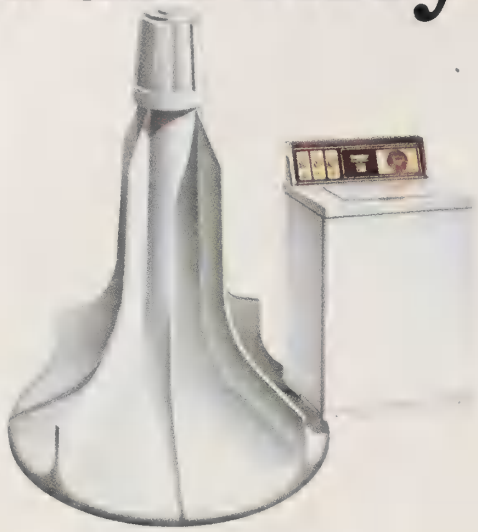

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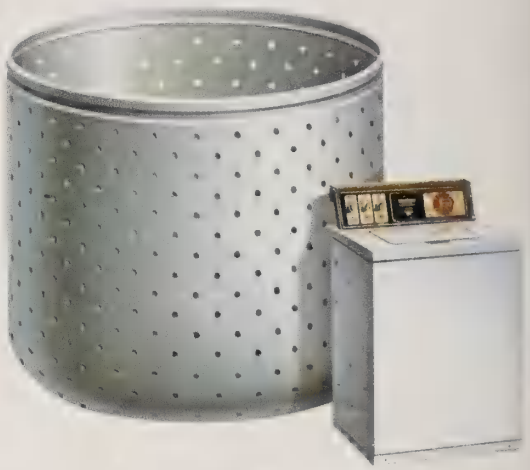

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Where to find vintage details for a restoration

R oring or renovating old houses often means installing vintage de ils—from wall moldings to column capitals, from footed tu to pedestal sinks. Many items, such as embossed tin ceiling pa ls or marble fireplace surrounds, are still manufactured. O ers are reconditioned, then sold. Still others are salvage ma- e ls that the purchaser must restore.

W ere do you find them? Here are places to look.

T phone directories are an obvious but sometimes frustrating so ce because they list suppliers under several different catego- ri After searching through the yellow pages for major West- er cities, we found the following headings most useful: building m erials, used; building restoration and preservation; ornamen- ta uilding materials; architectural building products; architec- tu l ornament; and architectural antiques.

S metimes local preservation groups can help with referrals. In S Francisco, the Victorian Alliance, (415) 824-2666, main- ta s an updated card file listing local restoration supply stores, ca enters, and contractors, along with comments from custom- er A similar service is offered in the Los Angeles area by Pasa- de a Heritage, (213) 793-0617.

I Portland, the Oregon Preservation Resource Center, (503) 2 -1923, offers technical assistance on restoration questions a will field calls about local resources.

A ood way to find out if there is a preservation organization in y r area is to call your city's planning department. The Western o ce of the National Trust for Historic Preservation, based in S Francisco, (415) 974-8420, maintains a partial listing of p servation groups throughout the West. Another source might b your state's preservation officer, reached through the gover- n 's office.

T o directories to check are *The Old House Journal 1982 Cata- l* (The Old House Journal Corporation, 69A Seventh Ave., B oklyn, N.Y. 11217; revised annually; $11.95) and *The Brand N Old House Catalog* (Warner Communications, 95 Rocke- fe er Plaza, New York 10019; 1980; $9.95).

B h are national directories for products and services, including m ny in the West; both list suppliers' catalogs. These directories c be found in the architecture or building section of most m jor bookstores.

JERRY FREDRICK

***Need a classical cornice** for your period dining room? Reproductions like this are sold at restoration supply stores*

***Graceful old fixtures** add interest to San Francisco bathroom remodeled by Margaret Turnbull and Robert Simon*

DAVID STUBBS

***Secondhand tubs and sinks,** sometimes reconditioned, are part of the inventory at many salvage outlets*

N MAN A PLATE

BILL ROSS

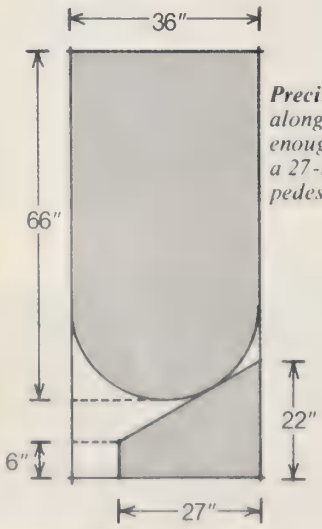
***Elegantly rounded table** and angular support were cut from a single door*

Wall table cut from door

Simple geometric forms distinguish this wall-mounted dining table designed by Santa Monica architect Michael Folonis. He bought a conventional 36- by 80-inch solid-core door (prices vary from $41 to $55 new, less for seconds) and cut it as diagrammed below, using a saber saw to round the table edge.

Four 3-inch steel L-brackets hold the table firmly in place: two are screwed into wall studs, and two connect it with the pedestal (one on each side).

For a smooth finish, Folonis covered all exposed surfaces with gray plastic laminate. Five can sit comfortably around the table. □



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***Gutter spikes** lock together heavy eucalpytus rounds. Extra-long bit was used to predrill holes*

***Fifteen rounds** create a mountain of play. Up and down game of follow-the-leader teaches coordination and climbing skills*

NORMAN A. PLATE

***Captain** climbs aboard while first mate keeps watch from fenced platform of vertical 2 by 2's with 2-by-4 rail*

Log play structures and a dining set . . . cut from eucalyptus and power poles

Log mountain, lookout tower, and dining set, these are all made from log rounds. Their ups and downs provide the fun.

The play structure above and the table and benches at right (which also get some climbing on) are made from eucalyptus rounds cut on the property. Instead of splitting the whole tree into firewood, the homeowner left a few select rounds of various lengths to dry for six months until their bark peeled off, and then positioned them for play. Gutter spikes pounded through predrilled holes hold the play structure together, and gravity keeps the very heavy logs in place. A wood rasp was used to remove sharp edges.

If you don't have a tree in need of felling, power poles can be cut to create a climbing structure. (Look in the yellow pages under Poles or call a utility company.) The pole sections at left were buried about 2 feet in the ground in Heinz Koenig's garden in San Jose, California.

The poles were pressure-treated, so these sections should last for years. The eucalyptus rounds are untreated; they'll probably rot by the time these children are in high school. □

DARROW M. WATT

***Decor by Hobbit.** Four seating stumps circle a larger oval table*

Sometimes there are things you don't want to change when you replace windows.

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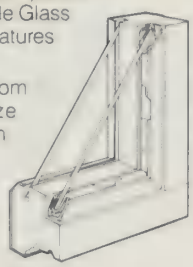

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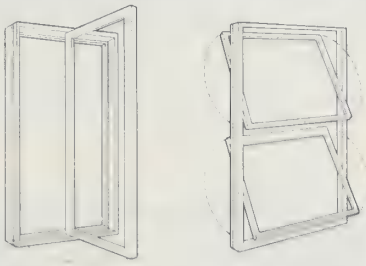

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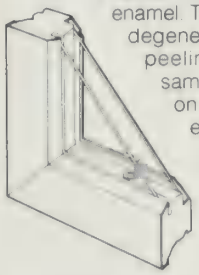

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DAVID STUBBS

***Shingled gateway** was part of major remodeling that included new roof lines, a partial second floor, and a stucco wall separating two driveways. Before (picture above), entrance was hard to find*

Shingled gateway directs you to the front door

Defining the entry can be difficult in tra houses where the garage dominates th front façade. Architect Loren Durr of L Gatos, California, found a solution in th course of extensive remodeling at his ow house: he installed a new shingled entry a the edge of the driveway and repeated th wood pattern on the wall adjoining th front door.

The gateway, formed by two shingled fi walls topped by a 12-foot extension of th house's sloping roof, looks like a woode flying buttress.

To make the fin walls, Durr poured tw 16-inch-wide concrete foundations an built a double-stud wall on top of each. A the large photograph shows, the shake roofed projection meets the house just un der the existing eaves and gutters.

Reaching from the gateway to the fron door is a new boardwalk of 2-by-6 deckin laid over an existing concrete walk.

***Roof extension,** shingled siding, and boardwalk frame new entry*

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OFFICIAL RULES—NO PURCHASE NECESSARY **1.** "MD Fast Cash Pack Game" is printed on the wrappers of specially marked packages of MD Bath Tissue. You may also obtain an MD Fast Cash Pack Game piece free by writing to: MD Fast Cash Pack Game, P.O. Box 14034, Baltimore, MD 21268. Requests for free game pieces must be received by March 31, 1983. **2.** To play: Turn wrapper inside out to determine what game letter is printed on the reverse side of the Official MD Game panel located on the pack panel of the wrapper. **3.** Three ways to win: Collect the game letters F-A-S-T and win $10,000, or collect the game letters C-A-S-H and win $1,000, or collect the game letters P-A-C-K and win $10. **4.** To claim your prize: Use a ballpoint pen to sign your prize-winning game panels and send them along with your name, address and zip code via Registered or Certified Mail to: MD Fast Cash Pack Game, c/o American Judging Institute, 100 Allen Place, Baltimore, MD 21227. MD Fast Cash Pack Game ends April 29, 1983, or when the supply of game packages is exhausted, whichever date is earlier. A check in the amount of your cash prize will be mailed to you. Please allow 60 days for delivery of prize. Any redemption game letter for a cash prize that is forged, mutilated, tampered with or otherwise defaced, or which contains printing or other errors, or which is not received for any reason by the date of termination of this offer, is automatically void; imposes upon Georgia-Pacific Corporation no duty of replacement or any other obligation whatsoever. All claims for cash prizes are subject to verification, and the decision of independent judges is final. No responsibility is assumed for lost, misdirected or late mail. **5.** Odds of winning a prize are: $10,000 (1 available)—1 in 7,200,000; $1,000 (20 available)—1 in 360,000; $10 (2,000 available)—1 in 3,600. Odds of winning any prize are 1 in 3,563. **6.** MD Bonus Offer: Collect and save any eight (8) game letters and redeem for a $1.00 coupon good toward the purchase of MD Bath Tissue, and automatically be entered in the Second Chance Sweepstakes. To claim your MD Bonus Offer: Hand print your name, address and zip code on a plain 3"x5" piece of paper and mail it with any eight (8) game letters to: MD Bonus Offer, P.O. Box 14059, Baltimore, MD 21268. Bonus Offer ends April 29, 1983. **7.** All unclaimed $10,000 and $1,000 prizes will be awarded in a Second Chance random drawing conducted by American Judging Institute, Inc., an independent judging organization. To enter: Send the Quality Seal from any MD Bath Tissue package or hand print the words "MD Bath Tissue" with your name, address and zip code on a plain 3"x5" piece of paper and send to: MD Second Chance Sweepstakes, P.O. Box 14092, Baltimore, MD 21268. Enter as often as you wish, but each entry must be mailed separately and received no later than April 29, 1983. **8.** Prizes are not transferable and may not be exchanged or substituted. Only one prize to a family or household. Winners may be required to execute an affidavit of eligibility and release. Taxes, if any, are the responsibility of the winners. **9.** Offer open to residents of the United States, except employees and their families of Georgia-Pacific Corporation, its affiliates, subsidiaries, advertising agency, printers, and New England Promotion Group, Inc. Void in Wisconsin and wherever else prohibited by law and subject to all Federal, State and local regulations. For the names of the Grand and First Prize winners, send a stamped, self-addressed envelope to: MD Winners List, P.O. Box 14243, Baltimore, MD 21268.

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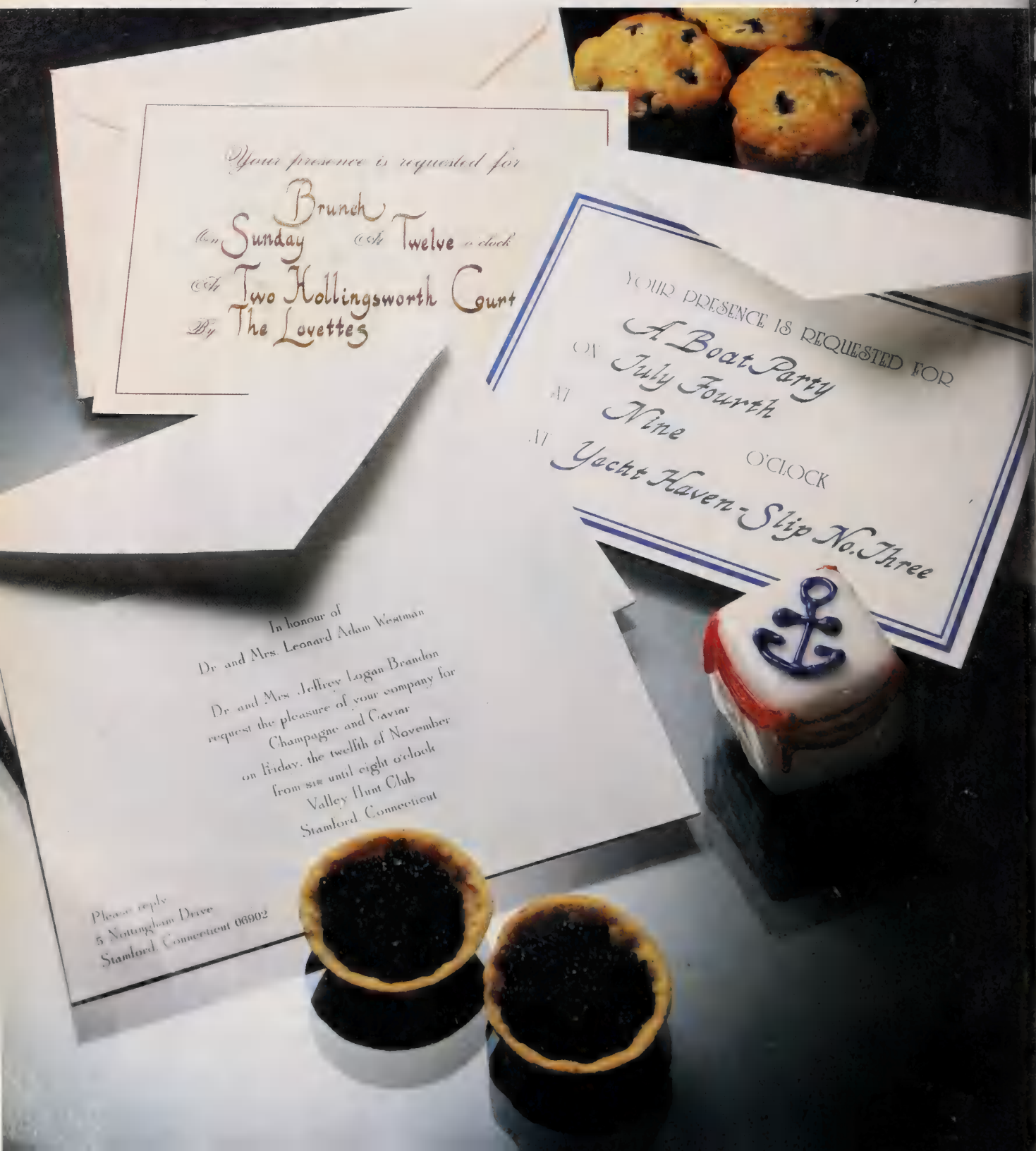


NORMAN A. PLATE

nny kitchen has plenty of counter space, new breakfast alcove.
ore the remodel, kitchen's back wall was just beyond first window at left.
rk shape at far right is refrigerator door handle

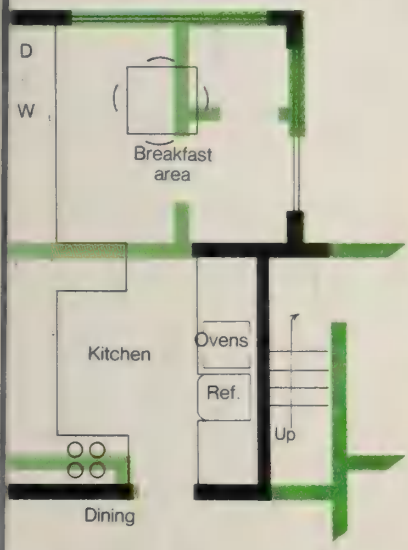
The former kitchen ended where he's standing

big, bright kitchen with a sunny break-st alcove replaced three small, dark oms in this Berkeley house.

open up the old kitchen and create ace for the alcove, owner-architect Tom ulfield knocked out the laundry room's erior walls. Although this lost him both undry and storage rooms, he found ace for washer, dryer, and storage elves below generous counters in the new breakfast area.

The long, white plastic laminate countertops, edged with dark-stained oak flooring, provide ample space for auxiliary food preparation, buffet serving, and laundry folding.

A large new window in the back wall floods both alcove and kitchen with morning light and opens up views of a shady hillside garden. □

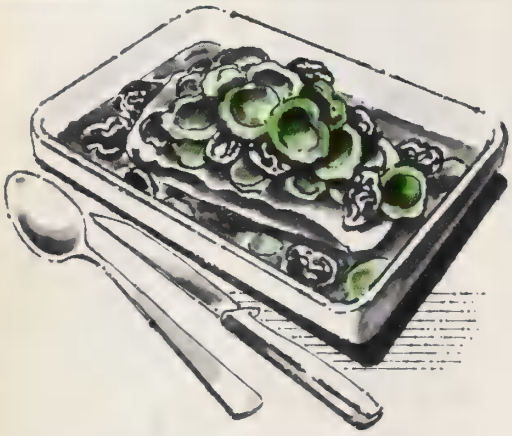


olored lines show where laundry nd storage room walls were removed make way for breakfast area

***Sliding doors** hide washer, dryer, and storage shelves below new multipurpose counters*

Sunset's Kitchen Cabinet®

With the advent of cooler fall weather, the versatile oven gets greater use in meal preparation. Try oven-simmering beef brisket with dried fruit until tender and succulent. Or use the oven at high heat to fry fish until crisp and golden, then serve the fish with a y gurt-dill sauce. To make sugar-cruste rolls for breakfast, bake a no-knea dough in muffin pans. And for a whol some dessert, bake the apple cake. Other entrées to try this month includ



Dried apricots, prunes, and orange peel sweetly flavor a succulent beef brisket

Beef Brisket with Dried Fruit

Potatoes can bake on a rack in the same oven during the last hour of cooking. Eat them with the meat to soak up plentiful pan juices. Or offer rice or buttered noodles instead.

- 1 envelope (1⅜ oz.) onion soup mix
- 3 pounds lean beef brisket
- 1½ cups beer or ginger ale
- ¼ cup honey
- ¾ teaspoon *each* ground cinnamon and ground ginger
- ½ teaspoon pepper
- 1 tablespoon grated orange peel
- 1 cup dried apricots
- 1 cup pitted prunes

Sprinkle ½ of the soup mix in bottom of a 9- by 13-inch baking pan or dish. Lay brisket in pan and sprinkle r maining soup evenly over meat. Cove pan tightly with foil. Bake in a 350 oven for 2½ hours.

Combine the beer, honey, cinnamo ginger, pepper, orange peel, apricot and prunes. Uncover pan and sprea the fruit mixture over meat. Cover pa again and return meat to oven; coo until the meat is very tender whe pierced, about 1 to 1½ hours longer.

With wide spatulas, lift out beef bris ket and slice across grain; place in serving dish and spoon over fruit an pan juices. Makes 8 to 10 servings.— *L.G., Bremerton, Wash.*

Serve yogurt seasoned with dill and mustard over crumb-coated fish fillets

Crusty Fish with Yogurt-Dill Sauce

Green pepper and onion add crunchy texture to yogurt sauce for fish.

- 1 cup unflavored yogurt
- ½ teaspoon *each* dill weed and Dijon mustard
- ½ cup chopped green pepper
- ½ cup thinly sliced green onion
- 2 eggs
- ½ cup fine dry bread crumbs
- ¼ cup grated Parmesan cheese
- 1½ pounds fish fillets such as rockfish or lingcod
- 3 tablespoons *each* butter or margarine and salad oil

Stir together the yogurt, dill, mustard, pepper, and green onion. Set aside. Set oven at 500°; put a 12- by 14-inch broiler pan in oven as it heats. Meanwhile, beat eggs in a shallow pan t blend. On a piece of waxed paper, mix together bread crumbs and cheese. Cut fish into serving-size pieces; dip in egg, then crumb mixture to coat; set aside.

Remove pan from oven. Put butter and oil in pan and swirl until butter is melted. Lay a piece of fish in pan; turn to coat with butter. Repeat with rest of fish. Return to oven and cook until fish is opaque throughout when prodded, about 10 minutes for a 1-inch-thick piece. Place on serving dish. Pass yogurt sauce. Makes 4 servings. —*C.F., San Diego.*

Ravioli and cabbage simmer in a simple bacon-seasoned broth for a quick soup

Ravioli and Cabbage Soup

Cook homemade or purchased ravioli in broth with vegetables and bacon for a light supper or lunch.

- ¼ pound (about 5 slices) bacon
- 1 small onion, chopped
- 2 cloves garlic, pressed or minced
- 1 tablespoon chopped parsley
- 2 quarts regular-strength beef broth
- 2 cups water
- 2 cups shredded cabbage
- 1 large carrot, peeled and thinly sliced
- 1 pound (about 2 dozen) fresh or frozen ravioli
- Grated Parmesan cheese

Cut bacon into ½-inch sections. In a 5- to 6-quart pan, stir bacon over medium heat until translucent and limp. Add onion, garlic, and parsley. Continue stirring until onion and bacon are lightly browned.

Add the broth, water, cabbage, and carrot. Bring to boiling over high heat. Separate ravioli, if connected, and add to the boiling broth. Boil soup gently, uncovered, over medium heat, stirring occasionally, until ravioli are just tender to bite, about 10 minutes for fresh, 12 minutes for frozen.

Ladle soup into bowls. Pass grated Parmesan cheese to sprinkle over individual servings. Makes 4 to 6 servings.— *V.H., Napa, Calif.*

ick ravioli soup and spaghetti with ili-spiked tomato sauce.

share your cool-weather recipes n us, send them to *Sunset Maga-*, Menlo Park, Calif. 94025. We $25 for each recipe published.

Oven-simmered beef, oven-fried fish, spaghetti and chicken, ravioli and cabbage

ghetti with Chicken Chili Sauce

li powder and cumin season tomato ée with chicken to go over pasta.

- broiler-fryer chicken (3 to 3½ pounds), quartered
- Water
- tablespoons butter or margarine
- large onion, chopped
- cloves garlic, pressed or minced
- teaspoons chili powder
- teaspoons ground cumin
- cans (14 oz. *each*) tomato purée
- pound spaghetti
- cups (½ lb.) shredded jack cheese

5- to 6-quart pan, combine chicken l enough water to barely cover. Sim- r, covered, until meat is no longer k when cut in thickest part, about 30 minutes. Lift out meat. When cool enough to handle, pull off and discard skin. Tear meat into bite-size pieces. Reserve broth for another use.

In a 10- to 12-inch frying pan, melt the butter over medium heat. Add onion and garlic; stir until soft. Add chili powder, cumin, and tomatoes. Simmer, uncovered, for 15 minutes. Add chicken to chili sauce and cook just until hot, about 5 minutes. In 4 quarts boiling water, cook spaghetti until just tender to bite, about 12 minutes. Drain; place in serving dish. Spoon sauce over noodles. Pass cheese. Makes 6 servings.—*E.K., Riverside, Calif.*

Poach chicken, shred, and heat in chili sauce; pour over pasta, top with cheese

mon Puffs

ese light-textured, lemon-scented rolls require no kneading. Mix to- her the batter, let rise, and bake.

- package active dry yeast
- cup warm water (110°)
- cup milk
- tablespoons sugar
- cup butter or margarine
- tablespoon grated lemon peel
- teaspoon lemon juice
- eggs
- cups all-purpose flour
- tablespoon sugar mixed with ¼ teaspoon ground cinnamon

a large bowl, soften yeast in water. a 1- to 2-quart pan combine milk, gar, butter, lemon peel, and lemon juice; place over low heat and cook just until it reaches 110° (butter does not need to melt). Add to yeast with eggs. Stir in flour, 1 cup at a time, beating well after each addition.

Cover and let rise in a warm place until doubled, about 45 minutes. Stir down dough. Fill greased 2½-inch muffin pans ⅔ full. Sprinkle each evenly with cinnamon-sugar mixture. Let rise, uncovered, until almost doubled, about 30 minutes.

Bake in a 375° oven until golden, 15 to 20 minutes. Remove from pan to wire rack. Serve warm or cooled. Makes about 18. *H. G., Quinault, Wash.*

Bake batter bread dough in muffin pans for easy individual-size breakfast rolls

oney Apple Cake

opped apples give this cake moist- ss and a good fruit flavor.

- cup (⅛ lb.) butter or margarine
- cup honey
- egg
- teaspoon vanilla
- cup whole-wheat flour
- teaspoon soda
- teaspoons ground cinnamon
- teaspoon ground nutmeg
- cup wheat germ
- cups finely chopped unpeeled apple
- cup chopped nuts
- Vanilla ice cream (optional)

a medium to large bowl, combine tter and honey. With an electric mixer or heavy spoon, beat until creamy. Add egg and vanilla and beat until well blended. In another bowl, stir together flour, soda, cinnamon, nutmeg, and wheat germ. Mix in the apple and nuts. Stir the flour mixture into honey mixture until well blended. Spread the batter evenly into a greased 8- or 9-inch square baking pan.

Bake in a 350° oven until top springs back when lightly touched in center, 40 to 45 minutes. Let cool in pan on a wire rack. Cut into squares and serve warm or cooled, topped with ice cream, if desired. Makes about 9 servings.—*P.R., Aptos, Calif.*

A scoop of vanilla ice cream makes the perfect topping for this spicy apple cake

GLENN CHRISTIANS

Dinner at the Bankis' *reflects their Persian heritage. Two succulent meat and vegetable stews are served with colorful saffron rice and its crisp crust. Fresh herbs in basket are for nibbling throughout the meal*

Persian stews . . . traditional flavors, simple to make

Kitchen teamwork: *Jalal pulverizes saffron threads and sugar, which will add color and flavor to the rice, while Pary adds the sautéed celery to the minted lamb stew*

Word is out among the friends of Pary a Jalal Banki of Southern California th many of the delicious dishes the coup likes to prepare are specialties of th Persian heritage.

So when a dinner invitation is extende guests often ask to sample a few of the traditional dishes. Two favorites are the succulent beef or lamb stews, which a simple to make and use readily availab ingredients.

Fragrantly spiced tomato sauce flavo cubes of beef served with oven-fried eg plant, while lamb mixes with quantities refreshing mint and string-free sautée celery. Crisp golden-crusted rice, flavore and colored by saffron threads, is serve alongside. The crust is presented on or dish and the hot rice on another.

The Bankis adhere to tradition for flavo but convenience for technique. The stew and rice can be prepared ahead in stage then completed shortly before serving.

An unusual Persian touch is to serve a ba ket of fresh vegetables and herbs to nibbl along with the stews. The basket contain green onions and radishes, fresh tarrago and mint sprigs, chives, and mild Middl Eastern herbs from Pary's garden.

Other accompaniments might be a sala of sliced tomatoes and cucumbers, and dessert of fresh fruit (peaches, pears, c melon) or a sweet pastry like baklava.

Look for saffron threads in supermarket

ALL CALORIES ARE NOT CREATED EQUAL

Most of us think of calories as being all bad. They're not. You need the energy they provide.

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And some Campbell's Soups supply other recognized, but less well-known nutrients called "trace elements" which the body needs in small but essential amounts to function properly.

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But why stop with ham? Hormel also makes Chunk Turkey and Chunk Chicken. All delicious!

and shops that sell bulk herbs and spices. An inexpensive substitute for saffron, the threads are actually dried flowers of the safflower plant.

Served separately, each stew is adequate for 6 to 8; together they are ample for 12.

Pary's Lamb and Celery Stew

- 1 large onion, thinly sliced
- ½ cup salad oil
- 2½ pounds boneless lamb shoulder or neck, cut into 1½-inch cubes
- Water
- About 3 pounds (2 bunches) celery
- 4 cups (1¾ oz.) loosely packed fresh mint leaves, finely chopped, or ½ cup of the dried herb
- 4 cups (2 oz.) loosely packed parsley leaves (no stems), finely chopped
- ½ cup lime juice

In a 5- to 6-quart pan, cook the onion in 2 tablespoons of the oil, stirring on medium-high heat until onion is lightly browned. Add meat and ¼ cup water. Cover and cook on medium-low heat for 30 minutes.

Remove lid and cook until liquid evaporates; stir to brown meat evenly. Add 1 cup water and stir to loosen browned bits from pan bottom. Cover and simmer on medium-low heat until meat is just tender when pierced, about 30 minutes.

Meanwhile, separate celery stalks, wash well, and trim off ends and leafy tops. With a vegetable peeler, peel the backs of the stalks to remove coarse strings. Dry pieces well with paper towels. Cut stalks into 2- to 3-inch lengths.

Pour remaining oil into a 10- to 12-inch frying pan and place on medium-high heat. Add about half the celery at a time to make a single layer in pan. Fry, turning, until pieces are tinged with gold, about 4 minutes; partially cover pan with a lid to avoid excessive spattering. Lift out celery and let drain on paper towels. (If done ahead, cover and chill meat and celery separately.)

Drain all but 2 tablespoons oil from pan. Add the mint and parsley and stir just until wilted; remove from heat.

Add the celery and herbs to meat along with about ½ cup water if pan is almost dry. Cover and simmer until meat is very tender when pierced, about 30 minutes longer. Stir in lime juice. Lift meat and celery from pan and arrange on a large rimmed serving platter. Serves 6 to 8.

Persian Beef and Eggplant Stew

- 1 large onion, thinly sliced
- 1 cup salad oil
- 3 pounds boneless beef chuck, cut into 1½-inch cubes
- Water
- 2 teaspoons grated lemon peel
- 1 can (28 oz.) tomatoes
- ½ teaspoon ground allspice
- ¼ teaspoon *each* ground cumin, cardamom, coriander, and dry mustard
- 3½ pounds (about 3 large) eggplant
- ½ cup lemon juice

In a 5- to 6-quart pan on medium-high heat, cook onion in 2 tablespoons of oil, stirring until onion is lightly brown Add meat and ¼ cup water. Cover a cook on medium-low heat for 30 minut

Remove lid and cook until liquid eva rates; stir to brown meat evenly. Add cup water, lemon peel, tomatoes and th liquid, allspice, cumin, cardamom, cori der, and mustard. Stir to loosen brown b from pan bottom. Cover and simmer medium-low heat until meat is just tend when pierced, 35 to 40 minutes.

Meanwhile, peel eggplant; cut ea lengthwise into 3 thick slices, then c each slice into 3 long strips.

Pour remaining oil equally in 2 rimm 10- by 15-inch baking pans. Turn eg plant in the oil to coat. Bake in a 42 oven until eggplant is well browned a feels soft, about 25 minutes; switch p positions at 15 minutes. Remove fro oven; set aside. (If done ahead, cover a chill meat and eggplant separately.)

When meat is just tender, lay eggplant meat. Cover and simmer until meat is ve tender when pierced, about 30 minut longer. Carefully lift eggplant from p and arrange on a large rimmed platte Mix lemon juice with meat; spoon me and sauce alongside. Serves 6 to 8.

Saffron Crusted Rice

- Water
- 2¼ cups (1 lb.) long-grain rice
- ¾ teaspoon salt
- 4 teaspoons saffron threads
- 2 teaspoons sugar
- ½ cup (¼ lb.) butter or margarine

In a 5- to 6-quart pan with a nonstick su face, bring 5 cups water to a boil. Add ric and salt; cover and cook on medium-lo heat until rice is tender to bite and liquid absorbed, about 20 minutes. Spoon ric out of pan and set aside. (You can coo cover, and let stand at room temperatur as long as overnight.)

With a mortar and pestle (or with th back of a spoon), pulverize 3 teaspoons o the saffron threads with 1 teaspoon of th sugar. Pour into the 5- to 6-quart pan an add ½ cup water and ¼ cup of the butte Place over medium heat to melt butte Stir in 2 cups of the cooked rice, mixing well, then spread in an even layer over pa bottom. Mound remaining rice on top; do with remaining ¼ cup butter.

Cover and cook on low heat until a cris crust forms on bottom of rice (slip a spatula around edge of pan to see if crust i forming); this takes 1 to 1¼ hours.

Spoon just the white rice from top of pa into a serving dish; keep warm. Pulverize remaining saffron threads with remaining sugar and mix with 2 tablespoons hot water. Mix in 1 or 2 large spoonfuls of the cooked white rice, then spoon this colored rice atop center of the rice in serving dish.

With a wide spatula, gently ease rice crust free from pan bottom, keeping it intact i possible. Invert crust onto a serving plate and cut into triangles. Serve hot. Makes 8 to 12 servings. □

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QUICK-TO-FIX BURRITOS

- 1 lb. ground beef or pork
- 1 can (17-oz.) DEL MONTE® Burrito Filling Mix
- 8 to 10 flour tortillas
- DEL MONTE® Diced Green Chiles
- DEL MONTE® Salsa
- Avocado slices
- Sour cream

Brown meat in skillet; drain. Stir in Burrito Filling Mix and heat through. Dampen each tortilla with water. In hot, ungreased skillet, heat and turn each tortilla until soft and pliable. Place approximately ½ cup of meat mixture on each warmed tortilla. Fold sides of tortilla over filling to center. Fold bottom over filling and roll up, enclosing filling completely. Serve topped with Diced Green Chiles, Salsa, avocado and sour cream. Makes 8 to 10 burritos.

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DARROW M. W

Scatter grapes and pine nuts over raisins in buttery crust

Simple tart . . . grapes and raisins

A grape is a grape until it is dried, an then it's a raisin—with a distinctly diffe ent flavor and texture. This dessert mak use of the delicious contrasts: fresh juic grapes are combined with chewy swe raisins; eggs and sugar bind them togethe in a simple fruit tart.

Grape and Raisin Tart

- Butter pastry (recipe follows)
- 1 cup raisins
- ½ cup brandy or rum
- 2 cups seedless grapes
- 3 eggs
- ¾ cup sugar
- 2 tablespoons melted butter or margarine
- ½ cup pine nuts or slivered almonds

Press pastry evenly over bottom and side of an 11-inch tart pan with removable bot tom. In a 1- to 2-quart pan, combine rai sins and brandy. Simmer, covered, unt raisins absorb all liquid, 3 to 10 minutes.

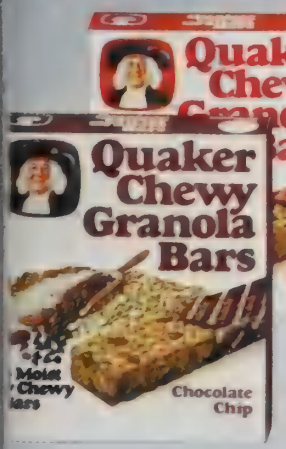
Distribute raisins evenly in pastry. Scatte grapes over raisins. Beat together eggs sugar, and butter until blended. Pour ove fruit. Sprinkle nuts over filling.

Bake on the lowest rack of a 375° ove until top is golden brown all over, 30 to 3 minutes. Let cool on a wire rack. Remov rim when cool. Tart is best when serve the day it is made; crust softens slightly o longer standing. Makes 8 to 10 servings.

Butter pastry: Combine 1⅓ cups **all-purpose flour,** 3 tablespoons **sugar,** and ½ cup (¼ lb.) **butter** or margarine, cut in pieces Whirl in a food processor or rub betwee your fingers until coarse crumbs form Add 1 **egg yolk;** stir or process until dough sticks together.

If you don't try Quaker Chewy™ Granola Bars...

your mouth may never speak to you again!



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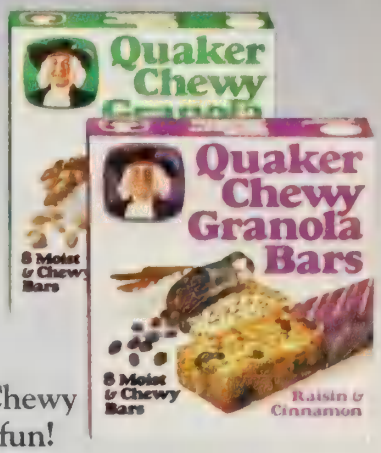

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1.

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3.

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ere's one Italian gesture that doesn't need a slation. Just a fork and an appetite! Lucca's otta cheese-filled ravioli. Every light, plump a pasta comes "naked"—so you can dress it up your family's favorite sauce or maybe our light, eamy Fettuccine Cheese Sauce. Remember, we our pasta with only the finest quality ingredients, the most trusted Italian family recipes . . . and love!

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GOTTSCHALK'S

***Open-faced** tofu vegetable burgers make a satisfying and nutritious entrée*

It's a tofu burger open-faced

Crumbled and mixed with vegetables, tofu makes an economical alternative for meat in these pan-fried patties. The delicate tofu flavor takes on a hearty richness with the addition of oyster sauce; vegetables add crunch. Serve patties on toasted buns with lettuce, tomatoes, and hamburger accompaniments, including oyster sauce.

Tofu Vegie Burgers

- 1 carton (10 to 12 oz.) firm-style tofu
- 1 large onion, finely chopped
- 1 cup shredded carrot
- 2 tablespoons butter or margarine
- ½ cup finely chopped celery
- 3 tablespoons chopped pitted ripe olives
- 1 egg
- ½ cup whole-wheat flour
- 2 tablespoons oyster sauce
- 2 to 3 tablespoons salad oil

Place tofu in a colander and drain; pat dry with paper towels and set aside.

In a 10- to 12-inch frying pan over medium heat, sauté onion and carrot in butter, stirring occasionally, until the onion is very soft, about 8 minutes; set aside to cool.

In a bowl, mix together celery, olives, egg, flour, and oyster sauce. Stir in the carrot and onion mixture. With your fingers or a fork, finely crumble in the tofu and stir to blend well. Shape mixture into 4 to 6 patties, each ¾ to 1 inch thick (mixture will be a little soft).

Heat oil in a 10- to 12-inch frying pan over medium to medium-high heat. Add the patties and cook, turning once, until well browned, about 4 minutes on each side. Serve hot. Makes 4 to 6 servings.—*R. K., Soquel, Calif.* □

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Two appetizers hat stretch a small jar of caviar

pyramid of red caviar or a display of ack caviar gives an air of opulence to ıy hors d'oeuvre. Yet for all the flash, the vestment can be modest. Each of the two ıviar appetizers we feature here uses ıly a small jar of inexpensive caviar.

ed Caviar Mousse

mpty 1 jar (3 to 4 oz.) **red lumpfish** or hitefish **caviar** into a fine wire strainer ıd rinse with cool **water;** let drain.

ombine 2 teaspoons **unflavored gelatin** ıd ¼ cup **dry vermouth** (or water) in a 1-ıart pan; let stand 10 minutes. Stir over edium heat until melted.

a food processor, combine gelatin, 3 ırd-cooked **eggs,** ¾ cup **sour cream,** ½ ıp sliced **green onion,** ¼ cup **parsley,** 3 blespoons **mayonnaise,** 2 tablespoons **mon juice,** and 1 teaspoon **prepared ɔrseradish.** Process until egg is finely ıopped. (Or mash eggs thoroughly with a rk; beat in other ingredients with an ectric mixer.)

tir in about ¾ of the caviar; reserve re-ainder. Pour into a metal mold (at least cup size, preferably with a flat bottom). over and chill until firm, at least 3 hours until next day.

ɔ serve, dip mold to rim into very hot tap **ater** just until edges begin to liquify. In-ert onto a serving dish. Garnish with re-rved caviar (more, if you like). Makes 2 to 16 servings.—*H.D., Sacramento.*

lack Caviar Pie

mpty 1 jar (3 to 4 oz.) **black lumpfish** or hitefish **caviar** into a fine wire strainer. inse with cool water; drain. Keep cold.

pread **mustard eggs** (directions follow) noothly in a 10-inch round on a flat dish. ɔp with 1 cup chopped **green onion** and 1 r (2 oz.) sliced **pimiento,** drained. Cover; ıill to firm slightly, about 1 hour.

lend until smooth 2 small packages (3 z.) **cream cheese** and ½ cup **sour cream.** poon onto onions. Chill, loosely covered, ntil firmed slightly, at least 1 hour (or ntil next day).

ıst before serving, spoon caviar into cen-r of sour cream. Offer in thin wedges ith unsalted crackers. Serves 12 to 16.—*1.G., Coronado, Calif.*

1ustard eggs. In a food processor or elec-ic blender, combine 6 hard-cooked **eggs** ith ⅓ cup **butter** or margarine (at room emperature), 2 teaspoons *each* **Dijon ıustard** and **white wine vinegar,** and **salt** ɔ taste; process until smooth. □

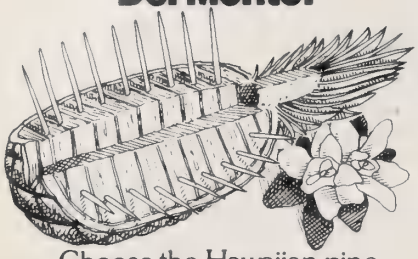
Sour-cream spread flecked with caviar, served on unsalted crackers, is natural partner for champagne

DARROW M. WATT

Tiers of egg salad, green onions, sour cream are topped by black caviar, rinsed and drained to reduce salt and freshen taste

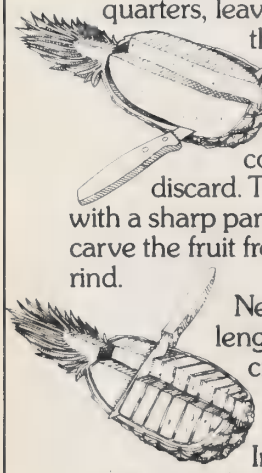
Del Monte

The less you know about fresh pineapple, the more you need Del Monte.



Choose the Hawaiian pineapple that's ripe when you see it. And ripe when you serve it. Every time. Choose Del Monte. Ripe now.

Here's a fast and fun pineapple presentation. Simply cut your pineapple into four quarters, leaving a bit of the crown on each. Trim off the core and discard. Then, with a sharp paring knife, carve the fruit from the rind.



Next, cut both lengthwise and crosswise to create bite-size pieces. Insert cocktail pick "paddles" and serve.

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DAVID STUBBS

Half a huge banana squash, *baked with spiced nuts, makes this party dessert; use a smaller squash for a family meal*

Super squash or slightly silly pumpkin . . . fall desserts

The spicy flavors and aroma of golden squash desserts are a welcome part of cool-weather cooking. You can start with fresh banana squash and take advantage of the startling size it can grow to; bake to make a dramatic presentation from the shell, as shown above. Banana squash is usually sold by the chunk in the produce section of markets, but you can order half of a specific size of squash. The shell is hard, so even if you use a small squash, ask your produce man to cut it in half at the store.

Convenient canned pumpkin serves as the creamy base for the two rather dressy desserts on page 187. One is a whimsically shaped frozen mousse; the other is a rich, smooth flan served with a custard sauce.

For a dramatic effect in our first recipe, use half of a very large squash. Or use a smaller squash and cook one or both halves.

Sugar-crusted Giant Squash

- 1¼ cups finely chopped walnuts
- ¼ cup firmly packed brown sugar
- 1 teaspoon ground cinnamon
- ½ large banana squash (5 to 6 lbs.), seeded
- 6 tablespoons butter or margarine, cut into small pieces
- 1 cup granulated sugar
- 10 to 12 walnut halves
- 2 cups whipping cream

Mix ½ cup chopped nuts, 2 teaspoons brown sugar, and ¼ teaspoon of the cinnamon; set aside. Combine remaining nuts, brown sugar, and cinnamon; set aside.

With a fork, pierce squash meat deeply (not through skin) all over. Dot with butter; sprinkle with granulated sugar.

Shape a cradle of heavy-duty aluminum foil the size of the squash. Lay squash in foil; place diagonally on center rack in the oven. Bake at 400° until tender when

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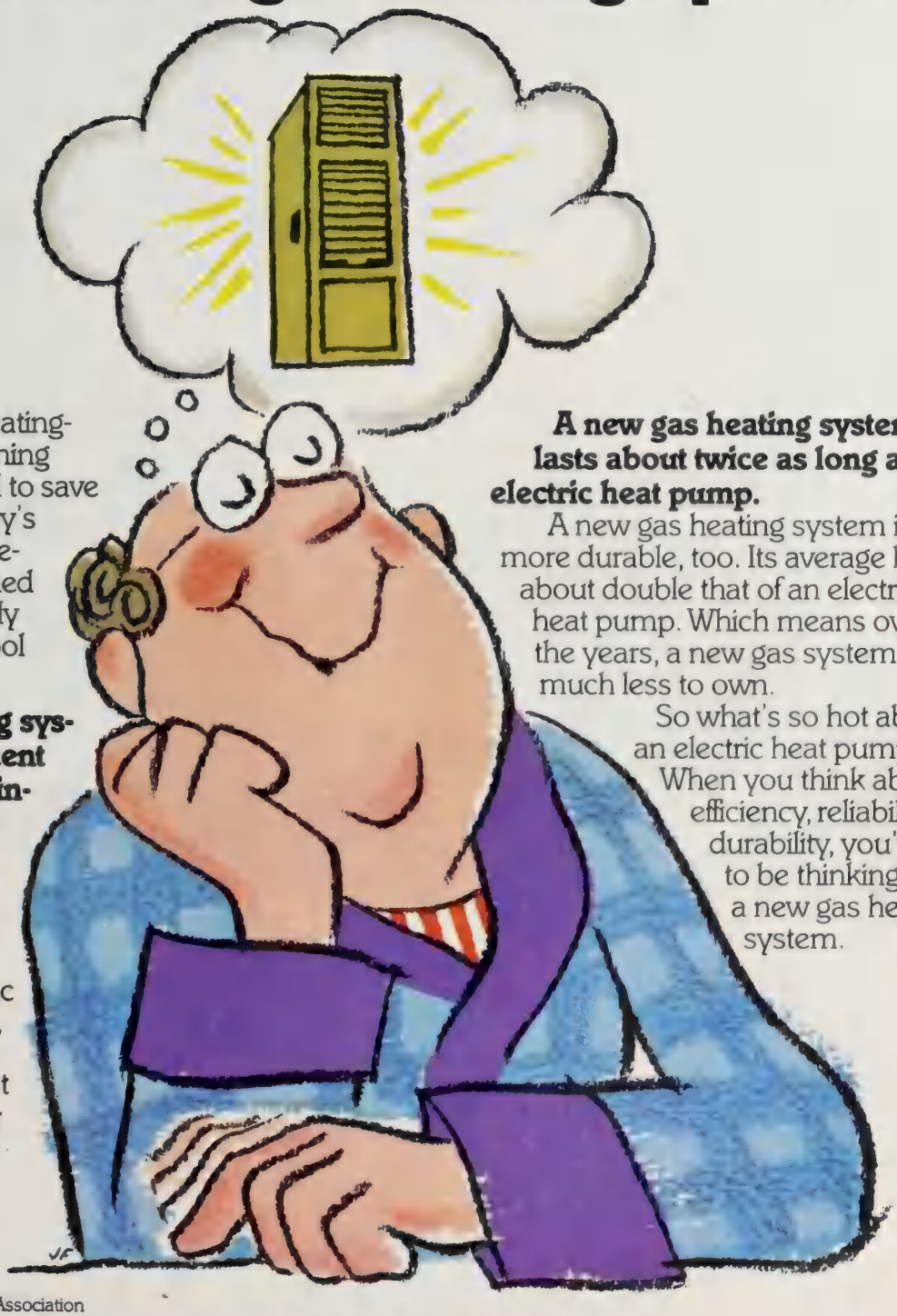

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DAVID STUBBS

Miniature pumpkin is frozen pumpkin mousse, coated with white chocolate

erced with a fork, about 45 minutes.

:oop liquid from inside squash and trans-
r to a 10- to 12-inch frying pan; blot sur-
ce of squash dry with a paper towel.
prinkle smaller quantity of nut mixture
own center of squash; top with walnut
alves. Broil 6 inches from heat until nuts
e lightly toasted, about 5 minutes.

oil squash juices rapidly on high heat un-
syrupy and light caramel in color, about
minutes. Pour over nuts in broiled
uash. Slide squash onto a serving platter.

:rve squash warm or cold. Offer remain-
g nut mixture and whipping cream in
parate bowls. Scoop portions of squash
om shell, top with chopped nuts, and
our whipping cream around. Makes 16
rvings.—*A.A., Los Altos, Calif.*

ugar-crusted Squash Boat. Instead of a
rge half, use a 6-pound **banana squash,**
plit and seeded. You can bake one or both
alves. Place each on a rimmed 10- by
5-inch baking sheet. To bake only one
quash half, reduce the ingredients for
bove recipe by half. Baking time is the
ame. Each half makes 8 servings.

/hite Chocolate Pumpkins

uy white chocolate in confection sections
f department stores or in candy stores.

6 egg yolks
1 teaspoon *each* ground cinnamon and ground nutmeg
½ teaspoon ground cloves
1 cup *each* sugar and water
⅛ pounds (18 oz.) white chocolate
2 cups whipping cream
1 can (1 lb.) pumpkin
12 *each* small twigs and leaves

n the small bowl of an electric mixer, beat
gg yolks, cinnamon, nutmeg, and cloves
ntil thick. Meanwhile, in a 1-quart pan,
apidly boil sugar and water until syrup reaches 234° on a candy thermometer. At once, pour syrup in a thin stream into the yolks (not onto the beaters); beat constantly until mixture is thick and cool, 5 to 7 minutes.

In top of a double boiler over simmering water, melt ¾ pound (2 cups, coarsely chopped) of the chocolate. Add to egg yolk mixture. Gradually pour in cream, beating constantly until blended. Thoroughly beat in pumpkin. Pour into metal pan, about 9 by 13 inches. Cover and freeze until firm, 3 to 4 hours.

Grate remaining chocolate onto waxed paper. With a large spoon, scoop frozen mixture into 12 equal portions. Quickly shape each with your hands into a ball and roll in chocolate to coat. Place slightly apart on an 12- by 15-inch baking sheet. Freeze until firm, about 3 hours. Serve, or cover and store in freezer.

Present each ball topped with a twig and a leaf to simulate a pumpkin. Makes 12 servings.—*L.R., Mendocino, Calif.*

Pumpkin Flan with Caramel Custard

1 cup sugar
5 eggs
1¾ cup milk
1 cup canned pumpkin (about ½ of a 1-lb. can)
1½ teaspoons vanilla
1 teaspoon ground cinnamon
2 tablespoons slivered almonds
1 teaspoon butter or margarine
Caramel custard (recipe follows)

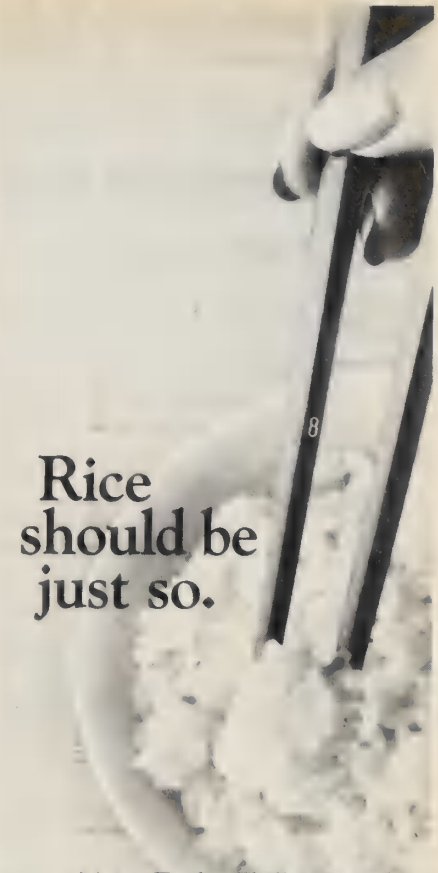
In a 5- by 9-inch loaf pan, melt ¼ cup of the sugar over high heat, shaking pan (use potholder) until sugar is a golden syrup, about 45 seconds. Tip pan from side to side to coat bottom; set aside.

In a large bowl, beat together the remaining sugar and eggs. Thoroughly blend in milk, pumpkin, vanilla, and cinnamon.

Pour into caramel-coated loaf pan and set in a pan filled with about 1 inch of boiling water. Bake in a 350° oven until custard is just firm in center when jiggled, about 1½ hours. Cool on a wire rack. If made ahead, cover and chill up to 24 hours.

Just before serving, stir nuts with butter in a 6- to 8-inch frying pan over high heat until golden. Drain caramel liquid from flan; reserve for custard. Cut edge of flan free with knife, invert onto rimmed platter, and top with nuts. Pour ½ cup custard sauce around flan. Cut flan crosswise in 10 slices. Serve extra custard from a bowl to spoon onto individual portions. Serves 10.—*L.R., Mendocino, Calif.*

Caramel custard sauce. In a 1½- to 2-quart pan over medium heat, stir ¾ cup **milk** with 2 tablespoons **sugar** until scalding. In a medium bowl, whisk 3 **egg yolks** with ¼ cup of the hot milk; whisk egg mixture back into milk. Cook, stirring constantly, until mixture coats the back of a metal spoon in an even, smooth layer, about 10 minutes. Stir in reserved **caramel liquid** from flan; cool slightly. Use, or cover and chill up to 24 hours.



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1 · *For reduction sauce, combine wine and broth. Boil down to intensify flavor. Taste; if weak, add more liquid and reduce by half*

2 · *To reduced liquid, add equal amount of cream; boil again until big shiny bubbles appear all over and volume is reduced by half*

TERI SANDIS

3 · *Polish the sauce with equal parts butter and liquid. Stir in butter in one chunk, blending constantly, to incorporate it into the liquid*

The "new sauces." They're lighter, simple, endlessly useful

***Reduction sauce,** finished with cream and butter, cloaks grilled salmon*

DARROW M WA

When French chefs made their well-touted break from the established *haute cuisine,* there was much acclaim about the lightness of the "new-style" sauces. Compared to hollandaise and béarnaise, they were indeed lighter.

For the most part, these sauces are very similar to one another. They all begin with liquids that are concentrated, then polished off with cream and butter to give them sheen and smooth texture. Such a mixture is described as a reduction sauce and has as its parent the classic French *beurre blanc,* or white butter sauce.

For all their impressive elegance, these sauces are simple enough for any cook to incorporate into everyday meals as a foil for simply cooked foods.

The basic flavor comes from the liquid used as a base—broth (homemade, without salt is best), wine, or poaching liquid. Or the flavor may start from pan drippings of sautéed or roasted foods.

When the flavor of the sauce begins with the juices of the food itself, the finished sauce is a finely tuned echo of the same good basic taste. Add complementary seasonings, if you like. Then boil down the liquid to concentrate its flavor.

The texture of the sauce depends on what you use to finish it. Cream adds thickness and a slightly velvety feel. Butter acts as a thickening agent but gives a silky smoothness not associated with starch-thickened sauces. As the butter is added, keep it in constant motion to force the liquid droplets apart and hold them in suspension. For a lighter, more sheer sauce with a smooth, silky texture, use butter alone. To control saltiness when liquid is salted, un-

The breeze was brisk.
Our sails were full.
The coffee was Brim.

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GENERAL FOODS

salted (sweet) butter is best.

Basic proportions

Consistency of the sauce depends on the ratio of liquid to fat. For a medium-body sauce that gilds foods lightly, use equal parts liquid and butter. If you omit cream, it will be thinner. With as little as half this amount of butter, you can still have a flavorful sauce, but decidedly thinner.

Liquid suggestions

For meats and poultry. Use all **regular-strength chicken** or beef **broth,** homemade broth, or poaching liquid. Or use equal parts **broth** and **dry white** or red **wine,** Madeira, sherry, port, or dry vermouth.

For fish. Use 1 tablespoon **white wine vinegar** with **poaching liquid** or regular-strength chicken or homemade broth. Or use equal **dry white wine** or dry vermouth and half **broth** or poaching liquid.

Seasoning suggestions

Use ½ teaspoon **dry tarragon,** basil, or thyme leaves, 1 to 2 teaspoons **Dijon mustard,** 2 tablespoons minced **shallots,** or 1 to 2 tablespoons **green peppercorns.**

Reduction sauces from scratch

In an 8- to 10-inch frying pan, combine 1 cup **liquid** (suggestions above) with additional **seasonings** (suggestions preceding), plus any **juices** that accumulate from the cooked food (meat, poultry, or fish). If, on standing, more juices accumulate, they will dilute the reduction sauce; if desired, drain off this extra liquid.

Boil over high heat until reduced to ½ cup. Taste; if liquid has rich flavor, continue. If not, add 1 cup more **liquid** and boil until reduced to ½ cup; if flavor is still weak, repeat. Add ½ cup **whipping cream** (optional); boil until big shiny bubbles form all over the surface (see step 2) and sauce is reduced to ½ cup.

Turn heat to low (to prevent liquid from evaporating too quickly). Add ½ cup (¼ lb.) **butter** or margarine (in one chunk, step 3), blending constantly to incorporate butter as it melts. Serve, or keep warm by setting container in hot-to-touch water. Makes ½ to 1 cup, 4 to 8 servings.

Beurre Blanc

Try on broiled or barbecued fish or meat.

In an 8- to 10-inch frying pan, combine ½ cup *each* **dry white wine** and **regular-strength chicken broth**, 2 tablespoons minced **shallots**, ½ teaspoon **dry tarragon**, and any **juices** from grilled food.

Boil, uncovered, until reduced to ½ cup. Add ½ cup **whipping cream** and boil until reduced to ½ cup. Turn heat to low and add ½ cup (¼ lb.) **butter** or margarine (in one chunk), blending constantly to incorporate it. Pour over grilled **seafood, lamb,** or **chicken.** Serve at once. Makes 1 cup, enough for 4 to 8 servings.

Reduction sauces from pan drippings or poaching liquid

Lift cooked **meat, poultry,** or **fish** from frying or roasting pan; set aside and keep warm. Spoon off and discard most of the fat from pan. Measure **pan drippings** (if significant) and add enough **liquid** (suggestions precede) to make 1 cup. Or measure out 1 cup strained **poaching liquid.** Return liquid to frying or roasting pan, or pour poaching liquid into an 8- to 10-inch frying pan. Continue as directed for reduction sauces from scratch (preceding).

Beef with Beurre Rouge

Here are steps for making a sauce with pan drippings from sautéed foods.

- 4 tender boneless beefsteaks (about 1½ lbs.), such as fillet or loin, cut 1 to 1½ inches thick
- 1 tablespoon *each* butter or margarine and salad oil
- ⅓ cup chopped onion
- ½ teaspoon thyme leaves
- ½ cup dry red wine
- ½ cup regular-strength beef broth
- ½ cup (¼ lb.) butter or margarine

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n and discard excess fat from meat or re fat to prevent curling as it cooks. In 2- to 14-inch frying pan, melt the 1 tablespoon butter with oil over medium-h heat. Add meat and cook, uncovered, il well browned on both sides and ked to desired doneness; allow 3 to 5 nutes a side for rare.

Remove meat from pan and keep warm. d onion to pan and stir over medium-h heat until soft. Add thyme, wine, and th, along with all juices drained from ked meat. Boil, uncovered, until the uid is reduced to ½ cup. Turn heat to ; add butter (in one chunk) and stir it stantly to incorporate into sauce. Pour r steaks and serve at once. Serves 4.

ast Squab with Madeira Gold

e technique in this recipe can be ap-ed to any roast with flavorful drip-gs. Add cream, if you like, for fla-variation; follow the steps outlined in duction sauces made from pan ppings.

- squab (about 1 lb. *each)*
- cup madeira
- cup regular-strength beef or chicken broth
- cup (¼ lb.) butter or margarine

nse giblets and squab. Put livers in iab cavities and put giblets in a 12- to -inch frying pan with ovenproof handle. ck neck skin under squab and hook ng tips under back. Place birds, breast up, on top of giblets in pan.

Bake, uncovered, in a 450° oven for about 25 minutes for breast meat that is pink. (To test, cut a small gash in thickest part.) Lift out birds and giblets, draining juices into pan, and arrange birds and giblets on warm serving platter; keep warm.

Place pan with drippings over high heat. Add madeira, broth, and any additional juices drained from birds. Boil, uncovered, stirring to free any brown bits, until reduced to about ½ cup. Turn heat to low. Add butter (in one chunk), blending constantly to incorporate. Spoon over or around squab. Serves 4.

Sole with Mushroom Velvet

Poaching liquid is the base of this sauce.

- ⅓ pound mushrooms, minced
- 2 tablespoons thinly sliced green onion
- 3 to 4 whole allspice
- 1 pound sole fillets
- 4 to 6 thin lemon slices
- 1 cup dry white wine
- ½ cup whipping cream
- ¼ to ½ cup (⅛ to ¼ lb.) butter or margarine

In a 12- to 14-inch frying pan, spread mushrooms and green onion in a layer; add allspice. Lay fish on vegetables, overlapping as little as possible. Top with lemon; pour in wine.

Bring to boil, reduce heat, cover, and gently simmer until the fish is opaque throughout when gently prodded in its thickest part, about 5 minutes for ½-inch-thick piece.

With a wide spatula, carefully transfer fish and lemon to a hot platter and keep warm. Boil pan juices, uncovered, until reduced by half. Add cream and accumulated juices from fish. Boil, uncovered, until reduced to half. Turn heat to low. Stir in butter (in one chunk), blending constantly to incorporate it as it melts. Pour over or around fish. Serves 4.

Rescuing a separated sauce . . . and making sauce ahead

Reduction sauces are surprisingly stable as long as you don't boil away too much of the liquid. When that happens, the suspended fat particles separate from the solids and the sauce breaks apart.

To restore the sauce, heat 2 to 4 tablespoons **whipping cream** or wine in a pan over low heat, then gradually whisk in a few spoonfuls of the broken sauce at a time, beating constantly.

Since these sauces take only a few minutes to make and also have a tendency to separate when reheated, there is no need to prepare small quantities ahead. However, if you need to prepare a large quantity of sauce in advance, do as chefs do and keep it warm in water that is hot to the touch for 3 to 4 hours. □

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Pancake Parade

Prepare Pancakes as directed on package of Bisquick® baking mix except—

Nutty Pancakes (pictured): Fold in ¾ to 1 cup chopped almonds, walnuts or pecans.

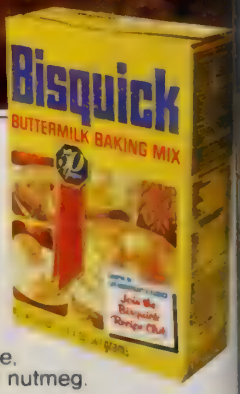
Banana Pancakes: Fold in 1 cup mashed bananas.

Bacon Pancakes: Fold in 8 slices bacon, crisply fried and crumbled.

Spicy Pancakes: Fold in 1 teaspoon ground allspice, ½ teaspoon ground cloves and ½ teaspoon ground nutmeg.

Blueberry Pancakes: Fold in 1 cup blueberries.

Granola Pancakes: Fold in 1 cup granola.



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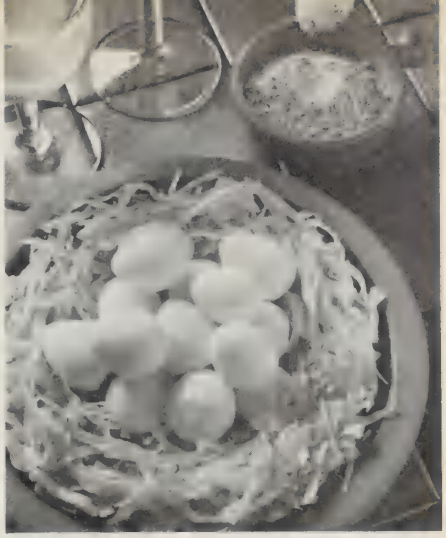
DARROW M. WATT

***Quail eggs Benedict** for the young gourmet: poached quail eggs go on toast squares with Canadian bacon, to top with hollandaise*



***For one-bite appetizers,** offer peeled hard-cooked quail eggs to dip in seasoned salt. Cradle eggs in a nest of shredded lettuce*

***Sausage-wrapped Scotch quail eggs** with tiny pancakes make a breakfast in miniature*

Whimsy comes easy for quail eggs

'ard-cooked quail eggs, served in their ıells make novel appetizers

Speckled brown on the outside, quail eggs are like miniature chicken eggs on the inside. And when served as one-bite appetizers or whimsical breakfast entrées, their petite size delights young and old alike.

Most often found in Oriental markets, fresh quail eggs are also sold in some specialty markets and delicatessens; they cost 5 to 25 cents each. Store them airtight in the refrigerator up to three weeks.

You cook these eggs just as you would chicken eggs. However, the membrane of the raw egg is very tough and must be snipped or pierced to open.

To poach, first heat-set **quail eggs** by immersing them, still in shell, in rapidly boiling **water** for exactly 5 seconds. Lift from water with a slotted spoon; set aside. Meanwhile, fill a wide frying pan with enough water to completely cover eggs; heat just until bubbles form on pan bottom. Break each heat-set egg, hold it close to the water and let it gently slip in. Allow about 1½ minutes for soft yolks. Lift eggs out with a slotted spoon; drain briefly on a paper towel. Serve hot or cold.

To hard-cook, cover **quail eggs** with cold **water** and place on high heat. Bring just to boiling; reduce heat to low and cook 5 minutes. Drain and cool in cold water before shelling.

Scotch quail eggs. With a food processor, whirl ⅔ pound **bulk pork sausage** until a smooth paste (or mince with a knife). Wrap 8 to 10 hard-cooked and shelled **quail eggs** (directions above) completely in sausage, using about 2 tablespoons for each. Place eggs slightly apart in a 9-inch square baking pan. Bake, uncovered, in a 350° oven until lightly browned, about 25 minutes. Serve hot or cold. Serves 2 or 3. □

At Nancy Van Wyck in San Francisco, he chooses noisettes of lamb for an impromptu dinner for two. Once at home, he can simply reheat the entrée, transfer the vegetable salad and strawberry mousse to elegant dishes, and light the candles

"Dinner party to go." From a new breed of deli cropping up around the West

Seattle. *At Gretchen's of Course, you can buy marinated vegetable salad (one of a dozen offered daily) by the pound to take home or eat there*

DON NORMARK

Fast food is taking on a whole new mea ing these days. All over the West, sp cialty delis are popping up to fill a link the food-service chain.

They offer high-quality (and relativel high-priced) take-out dishes designed t supplement the menu of a good cook a home — or to relieve the cook entirely making it possible to serve memorabl meals on very short notice. You can mak your favorite showpiece dish and purchas stylish foods to complete the meal, buy a entire instant dinner party, or pick up gourmet picnic en route.

This service provides a reliable crutch fo the host or hostess who is short on time making entertaining or even just a nic peaceful meal at home easier to manage When time was factored in, most cooks w talked to felt that, for the quality received they couldn't do a lot better from scratch.

What can you expect to find?

What these specialty shops have in common is a bill of fare that includes hot and

n Francisco. A lavish picnic spread featuring lamb chops with mustard sauce, eggplant d rice salads, and a fresh fruit tart can be bought at Narsai's Edibles in Magnin on Union Square. Or simply choose a stunning pastry to complete your meal

NORMAN A. PLATE

***Portland.** All summer long, Elephant's grills sausages, ribs, and shish kebab outside its front door ready to take home for lunch or dinner*

TERI SANDISON

***Santa Monica.** Flavors of France distinguish the offerings at Le Marmiton, where you'll find a selection of pâtés and galantines, hot entrées, fresh salads*

***Napa Valley.** With a day's notice, the Golden Poppy in Oakville will prepare lunches featuring smoked poussins or Armenian cracker bread sandwiches*

GLENN CHRISTIANSEN

d entrées, salads composed of fresh fish d produce, rich and tempting desserts, d usually a wide choice of wines and icy condiments to accompany your eal. Unlike delis that feature strictly lian, Jewish, French, or Middle East- n foods, these stock an eclectic mix of inic and contemporary (both light and sh) items.

nner selections are where these gourmet ablishments differ. Some put most of eir energies into innovative main-dish ads, adding such items as whole roasted ickens or quiches to their menu board as M approaches; others offer fancier res- urant-style main dishes in disposable ntainers complete with instructions for heating in conventional—sometimes crowave—ovens. Your choice of delica- ssen will depend on the meal you have in nd.

you want to entertain for business or easure, a purchased meal that includes a t entrée offers a less expensive alterna- tive to restaurant dining—and the advantage of presenting the meal in the ambience of your own home.

Examples of establishments that offer full meals include Mangia, Los Angeles; Hugo's, West Hollywood; Pierre Lafond & Co., Montecito; Let's Eat, Tiburon; Eichelbaum & Co., San Francisco; Sweet Soiree, Denver; and Rex's, Seattle. A sample dinner menu might include vichyssoise, lamb in fila, fettuccine with bacon, and chocolate truffles.

These kinds of delis typically offer about three entrées daily, sometimes keeping the same selection for several days in a row; price range is $4 to $7 a serving. If you purchase soup, salad, and dessert, expect to spend $7 to $12 per person.

Specialties and specialty orders

Pasta is featured in a number of stores: you can buy pasta salads or fresh pasta and sauce from Pasta Etc., Los Angeles; The Pasta Shop, Oakland; Pasta Bella,

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DAVID STUBBS

Sacramento. Pasta salad and a slice of pâté from Joan Leineke make a fine light lunch or accompaniments for a dinner entrée

TIM FULLER

Phoenix. It's hard to decide on dessert at Caf' Casino simply because there are so many tempting choices. Sample your selection there or bring it home to end a fancy dinner

TERI SANDISON

Newport Beach. At Showley-Wrightson, owners Grant and Sharon show off the stuffed turkey breast, one of the four posted selections of the day

San Francisco; and Esperanto, Pacific Beach, California.

Sometimes you'll need (or find it wise) to order specific dishes ahead, such as the Tuscan roast chicken baked in a decorated bread jacket by Made to Order, Berkeley; or Brie *en croûte* at A La Carte, Walnut Creek, California.

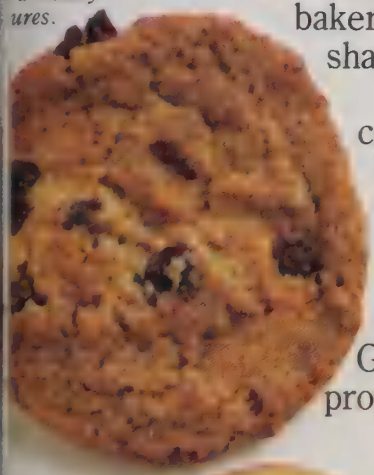
Gourmet picnics are the *pièce de résistance* of many of these high-fashion delis. Vivande in San Francisco might suggest smoked duck, canelli bean salad with caviar, and homemade macaroons; Caravansary, also in San Francisco, packages a "spinnaker picnic" for sailboat watching on the Bay. Charmer's Market, Santa Monica, suggests tortellini and basil salad with sliced salmon and chocolate mousse cake for the beach. In Santa Barbara, Les Belles Miches packs a champagne picnic for two. And in the Napa Valley, Karen Mitchell & Co. can provide an elegant wine-touring lunch if given a day's notice.

How to find a new-style deli

Fine-food delis are expanding as businesses, but don't expect to find them in every neighborhood or town. Because they cater to working professionals and rather sophisticated palates, they tend to choose up-scale business districts and high-income locations. In the yellow pages, they list themselves under categories such as Catering, Restaurants, or Delicatessens. You are apt to learn about them through newspaper advertisements or word of mouth.

Although some delis have also added small restaurant facilities at the urging of their customers, their focus is primarily take-out, so closing times tend to be early—often by 7.

Why won't Pepperidge Farm make its cookies in nice neat molds like everybody else?



n Bran (Bumps l). We could up the ingredi- But bumpy, raisins with bran make this a medley ures.

Pick up any package of run-of-the-mill cookies and you'll see things that horrify our bakers. All the cookies are the *same*. Same shapes. Same ridges. Same everything.

Not so with Pepperidge Farm cookies. Our bakers snub cookie cutters. With a few special exceptions (see the Fruit Cookie picture at bottom right) our bakers even snub molds.

This isn't contrariness for its own sake. We want our cookies to look as homemade as Grandma's, with all the little imperfections that a proper homemade cookie should have.

So our circular cookies are imperfectly circular. Our swirled cookies don't all swirl the same way. Our chocolate sandwich cookies are sometimes a bit cockeyed, because they're sandwiched by human beings, not machines.

Since no packaging machine automatically adjusts itself for every lopsided cookie that comes along, all our cookies are stacked by hand.

Of course, there's more to Pepperidge Farm cookies than quirky irregularity. There's the old-fashioned *taste* that comes from using only the best ingredients.

We use unbleached wheat flour and only pure vegetable shortening. We shun artificial colorings, flavorings, and preservatives. The only preservative is the sturdy, foil-lined bag.

That's how our founder, Margaret Rudkin, baked when she began making cookies in 1955. She believed it was worth the fuss and bother to bake a *proper* cookie. We still believe that today.

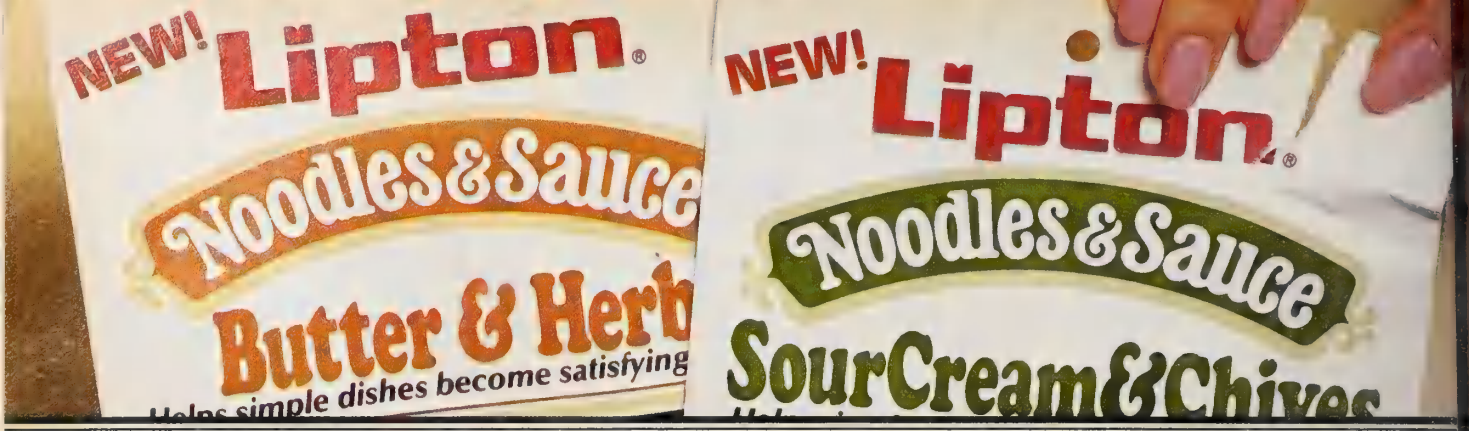
Chocolate Chip (Randomly sprinkled). No miserly computer doles out chips-per-cookie. So, while every cookie is generously sprinkled throughout with real chocolate chips, some are sprinkled extra-generously.

o (Slightly ed). Cookie-loving ns line up the rather than a ne. If a cookie would the ne care?

Fruit Cookie (A fruity oddball). It's a rare Pepperidge Farm cookie that's made in a mold. But we had to mold a well in this one for the delicious strawberry, apricot-raspberry or apple filling.

r Man (Uncut). okie cutter d this munchable on. He gets his ing flavor from molasses, gin- nd a sprinkling ar crystals.

It's worth the fuss and bother to bake a proper cookie.



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DARROW ■ WATT

***Fall buffet platter** holds whole meal combination of roast pork cubes, bananas, orange slices, curled chilies, with creamy peanut sauce. Custards are for dessert*

OCTOBER MENUS

Roast pork buffet platter, stuffed vegetable picnic, barley and raisin breakfast

South American influence lends a fresh accent to familiar ingredients in our first menu, a buffet. The meal centers around roast pork, chilies, fruit, and a mild peanut sauce. For dessert, there's smooth baked custard.

For the second menu—a picnic—filled vegetables are the focus. Baked eggplant slices envelop sliced cheese and mild red onion; cold, cooked artichokes are hollowed out to hold mayonnaise; and grape leaves are stuffed with rice.

In our third menu, hot barley makes an unconventional appearance at the breakfast table.

Roast pork and fruit buffet

You serve richly browned, succulent cubes of roasted pork in a Latin American manner with lightly cooked bananas, curls of mild canned green chilies, and slices of juicy orange. A sweet-hot peanut sauce ties together the flavorful elements of this whole-meal entrée. The crusty rolls, *bolillos*, are a Mexican-style bread.

A fruity red wine, such as Zinfandel or Gamay, goes well with this menu.

Roast Pork
with Chilies, Oranges, and Bananas
Peanut Sauce
Bolillos and Butter
Individual Baked Custards
Zinfandel

Both the meat and the dessert are baked. You can cook the custards a day ahead and refrigerate; or, to serve warm, bake them with the pork.

While the pork is roasting, you have time to stir together the peanut sauce, slice the oranges, and prepare the chilies.

While assembling the platter, turn the bananas in the roast's pan drippings and heat for just a few minutes in the oven.

Roast Pork with Chilies, Oranges, and Bananas

- 3½ to 4 pounds boneless pork butt
- 1 large can (7 oz.) whole green chilies
- 3 or 4 large oranges
- 2 to 3 firm, ripe bananas
- Peanut sauce (recipe follows)

Trim excess fat from pork butt and cut meat into 1½- to 2-inch cubes; spread out in an ungreased, rimmed 10- by 15-inch baking pan. Bake in a 325° oven, turning meat several times, until pork is crisp-browned on the outside and very tender when pierced, 1½ to 2 hours.

Meanwhile, tear chilies lengthwise into wide strips. Curl up strips and set aside. Cut peel from oranges, then cut each orange into 5 or 6 slices; set aside.

Remove pork from oven and lift out meat. Mound cubes on a large heated platter and keep warm. Peel and cut bananas in half lengthwise, then cut in half crosswise to make quarters. Turn banana quarters in pork drippings and return to oven just to warm, 2 to 3 minutes. Arrange on the

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DARROW M. WATT

***For a fall picnic,** cooked artichokes, crusty eggplant sandwiches, stuffed grape leaves, breadsticks, and grapes pack well*

platter alongside pork; group orange slices and chilies on platter also.

Spoon peanut sauce into a small serving dish and set on or alongside platter. To serve, let individuals spoon sauce over portions of meat and fruit. Serves 6 to 8.

Peanut sauce. Combine 1 cup *each* **peanut butter** and **plum jam,** ¼ cup **soy sauce,** and ¼ teaspoon **liquid hot pepper seasoning.** Serve; or cover and refrigerate as long as 3 days. Makes 2 cups.

Individual Baked Custards

- 3 cups milk or half-and-half (light cream)
- 4 eggs
- ½ cup sugar
- 1¼ teaspoons vanilla
- Whole nutmeg

In a 2- to 3-quart pan, bring milk to scalding over medium-high heat.

Meanwhile, in a large bowl, beat to blend the eggs, sugar, and vanilla. Slowly pour in the scalded milk, beating with a wire whisk. Pour equally into 8 individual custard cups (4- to 6-oz. size). Arrange in a 9- by 13-inch baking pan.

Set in a 350° oven and pour in enough boiling water around cups to form a 1-inch layer. Bake until custards look firm around edges but centers still jiggle when gently shaken, about 45 minutes.

Lift cups out of water and set on a wire rack to cool slightly to serve warm. Or cool completely, cover, and refriger overnight, then serve chilled. Grate a lit nutmeg on top of each custard just bef serving. Makes 8.

Stuffed vegetable picnic

Vegetables filled with flavorful mixtu make up this picnic; you serve the meal room temperature, so gear for transpo ing can be kept to a minimum (be sure keep mayonnaise cold, though).

Eggplant Sandwiches
Stuffed Grape Leaves
Cooked Artichokes
with Mayonnaise
Breadsticks
Green and Red Grapes
Dry White Wine

Choose 3- to 4-inch-diameter artichoke allow 1 per serving. Cook them the d before in plain or seasoned water. Yo can buy canned stuffed grape leav (*dolmas*) or prepare them fresh from favorite recipe.

The morning of the picnic, make the eg plant sandwiches and finish the artichoke pull out inner leaves to expose hearts an with a spoon, scrape out fuzzy centers.

Nestle artichokes in a shallow containe and wrap well to pack; for each artichok bring along about ¼ cup mayonnaise t fill center at the picnic site. Also pack th

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New Le Menu dinners from Swanson.
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plant sandwiches, grape leaves, bread-
ks, grapes, and wine.

plant Sandwiches

eggplants, about 1¼ lbs. *each*
About ¼ cup olive oil or salad oil
to 6 tablespoons tomato paste
or 10 thin slices mozzarella or provolone cheese
small red onion, cut into 8 or 10 slices
eggs
cup grated Parmesan cheese

n ends off eggplants and cut each egg-
t into 8 or 10 equal slices. Brush slices
ll sides with oil and arrange, without
lapping, in 2 rimmed 10- by 15-inch
ng pans.

e in a 500° oven until eggplant feels
soft when pressed, about 20 minutes.
sen slices from pan with a metal spat-
then cool until touchable.

make sandwiches, spread 1 to 2 tea-
ns tomato paste on half of the egg-
t slices; top each with a slice of moz-
lla cheese, an onion slice, then a
nd slice of eggplant.

htly beat eggs in a pie pan. Spread
ut ¼ of the Parmesan cheese in a sec-
pie pan. Dunk each "sandwich" in
then into the cheese to coat all sides;
more cheese to pan as needed.

ange sandwiches, slightly apart, on the
ng pans (you needn't wash pans);
nkle any remaining cheese evenly over
. Bake in a 500° oven until tops are
t golden, 10 to 15 minutes. Loosen
a spatula, then cool slightly on pans.
p loosely in foil to pack. Serve warm
t room temperature. Makes 8 or 10
dwiches, 1 or 2 per serving.

Warm and cozy breakfast

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chewy, mild barley with raisins, cin-
ion, and nutmeg, makes a tasty cereal.

Chilled Cantaloupe Wedges
Hot Barley and Raisins
Cream or Milk Brown Sugar
Cold Milk Hot Coffee or Tea

ut 30 minutes before you plan to
e, start cooking the barley. While it
ks, cut the melon into wedges and
pe out seeds.

Barley with Raisins

cups water
cup pearl barley
cup raisins
teaspoon ground cinnamon
teaspoon ground nutmeg
Cream and brown sugar

2- to 3-quart pan, bring water to boil-
over high heat. Stir in barley, raisins,
amon, and nutmeg, then return to
ing. Cover, reduce heat to low, and
k until liquid is absorbed and barley is
ler to bite, about 30 minutes.

on into individual bowls and add
m and brown sugar to taste. Makes 4
servings. □

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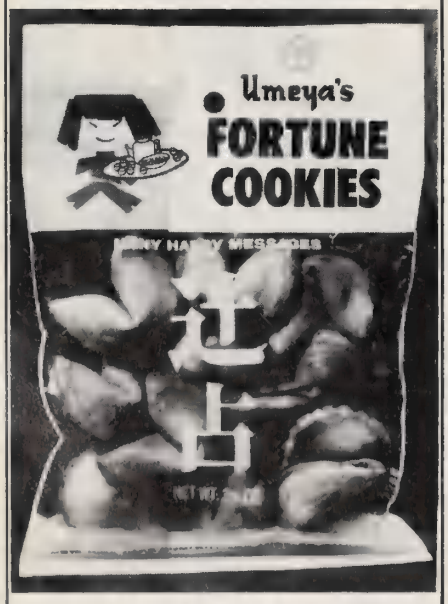

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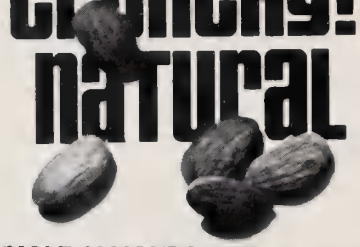

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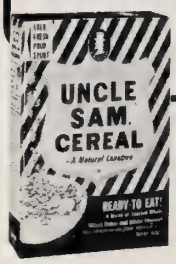

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DARROW M. WATT

d on toast: plump, ripe tomatoes ked with spices and tangy citrus ke a deliciously different preserve

Tomatoes on oast . . . preserves

ed with lemon and spices, these last-of--season tomato preserves make a tasty npanion to homemade biscuits, hot ads, muffins, or toast.

nato Preserves

- to 6 pounds (about 11 large) ripe tomatoes
- to 6 cinnamon sticks, *each* about 1½ inches long
- whole allspice
- whole cloves
- by 1-inch piece fresh, peeled ginger
- whole lemons
- cups sugar
- teaspoon butter or margarine

l, core, and dice tomatoes, reserving ces. Put tomatoes and juices into a 5- to uart kettle. Add the cinnamon sticks; allspice, cloves, and ginger in a piece of eesecloth and add to the kettle. Cook, covered, over medium heat until reced by a third, about 30 minutes; stir quently.

t ends from lemons, then cut in half gthwise. Slice halves crosswise into n pieces (discard seeds). Add the lem-, sugar, and butter to the tomato mixe. Cook, stirring frequently, until sugar issolved. Increase heat to medium-high l boil, stirring often, until reduced to 8 os, about 40 minutes. Discard wrapped ces. Leave cinnamon sticks in preves, if desired.

dle hot preserves into hot, sterilized ning jars. To release air bubbles, run a ber spatula or blunt knife down been food and jar. Wipe rims clean; place scalded lids and screw on bands. Let s cool completely on a dry cloth in a ft-free area, then test for a good seal ore storing in a cool, dry place. Makes out 4 pints. □

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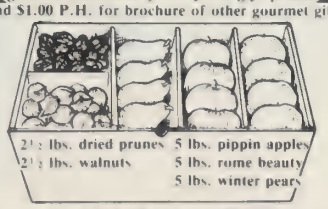

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An early form of shopping for meat involved a cliff, an elephant, and a surprise

Civilized man has a very short history. Only yesterday, meat for most of us was something that hid in the bushes until we found it and devised a way to catch it. Naturally, the catching is easiest if the meat stands still, and so a great deal of our early history consists of shell mounds. Clams are notoriously poor runners.

Cunning led us to devise other means to stock the larder. One of the first techniques (used mainly on elephants) was to creep up to a beast that was standing near a cliff and then to pop out and say "Boo!" The creature was then supposed to fall off the edge, appearing as dinner somewhere below. You can see that there are difficulties involved. What if the elephant runs toward you instead of away?

We worked all that out over the years, and rely now on the meat market, but many of

us still enjoy beating the bushes for ga
The final problem then appears. Game
imals get lots of exercise. A pheasant,
example, walks around all day. T
means that its legs and thighs are in
perb condition for its own needs,
somewhat chewy for ours.

What to do about that? Well, John Sh
uses patience, moisture, and gentle hea
he prepares a delicious and tender phe
ant fricassee.

Shaw's Pheasant in Sour Cream

- 2 pheasant (about 3 lbs. *each*), quartered
- Pepper
- All-purpose flour
- About 5 tablespoons salad oil
- ½ pound mushrooms, sliced
- 1 can (14½ oz.) regular-strength chicken broth
- 1 cup dry white wine
- ½ teaspoon *each* dry rosemary and poultry seasoning
- 1 cup (½ pt.) sour cream
- Salt

Rinse pheasant; pat dry. Sprinkle ligh
with pepper, then dredge in flour, shaki
off excess. Heat about 2 tablespoons of t
oil in a 6- to 8-quart kettle over mediu
high heat; add a pheasant, a few pieces
a time, and brown well on all sides.
pieces are browned, set them aside; a
more oil if needed.

When all pheasant is browned, add mus
rooms to pan and stir until golden, th
blend in broth, wine, rosemary, and pou
try seasoning, scraping browned bits fro
bottom of pan. Return pheasant to pa
bring juices to a boil, reduce heat, cov
and simmer until meat is tender wh
pierced, 2 to 2½ hours. Transfer pheasa
to a warm serving platter; keep warm.

Boil pan juices over high heat until r
duced to about 2 cups. Stir 1 tablespoo
flour into sour cream until thorough
blended. Blend about ½ cup of the pa
juices into sour cream, then stir (or whisk
sour cream mixture into pan juices. Coo
stirring, until hot through. Season to tas
with salt. Serve sauce in a separate bowl
spoon over individual servings. Makes
servings.

John P. Shaw

Helena, Mont.

Those wonderful weeds, the coles (*Bras sica*), seem to do whatever is asked o them. Seeds of some produce mustard leaves of one form themselves into re cabbage, green cabbage, Savoy cabbage and kale, while the flowers offer whit cauliflower or (perhaps the summit o cabbagedom) broccoli. Stems of the sam

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species swell out to create kohlrabi, while buds give us Brussels sprouts. Other species provide pale Chinese cabbage and bok choy, mustard greens, rutabagas, and turnips.

Earl Rosenberg turns to broccoli to make a salad that sets off the vegetable to advantage. Remember not to cook the stuff too much. All cabbages object to that and fight back with bad smells and a slushy texture.

Broccoli Salad

- 1½ pounds broccoli
- Water
- 5 medium-size carrots, cut in ¼-inch slices
- ¼ cup olive oil or salad oil
- 1 tablespoon *each* red wine vinegar and lemon juice
- 2 tablespoons mayonnaise
- 1 tablespoon Dijon mustard
- 1 to 2 cloves garlic, minced or pressed
- 2 cups *each* shredded iceberg lettuce and green leaf lettuce (or use all one lettuce)
- Salt and pepper

Trim and discard tough ends from broccoli; peel stalks and cut lengthwise so spears are of uniform size. Bring about 1 inch water to a boil in a 10- to 12-inch frying pan over high heat; add broccoli and cook, uncovered, until broccoli is just tender when pierced, 5 to 7 minutes. Drain, immerse in ice water, then drain again. Cut off broccoli flowerets and cut each lengthwise into ¼-inch slices; cut stems across into ¼-inch slices; set aside.

In the pan, bring about 1 inch water to a boil over high heat; add carrots and cook, covered, until just tender when pierced, about 5 minutes; drain and let cool.

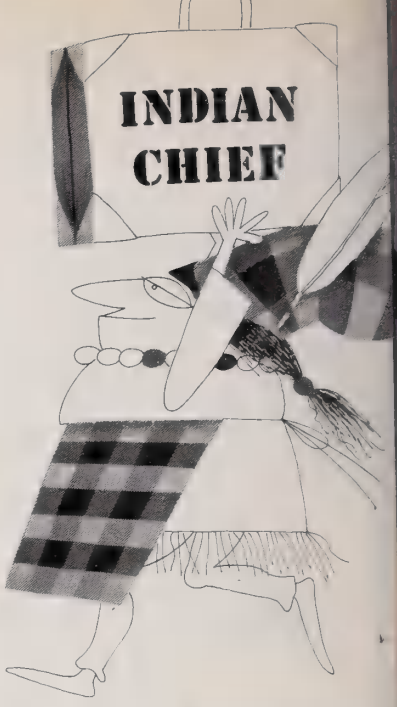
Meanwhile, with a wire whip or fork whisk together the oil, vinegar, lemon juice, mayonnaise, mustard, and garlic.

(These steps can be completed ahead; cover ingredients and chill as long as overnight.)

To serve, put lettuce in a shallow salad bowl. Top with broccoli and carrots and pour dressing on salad; mix to serve. Season to taste with salt and pepper. Makes 6 to 8 servings.

Earl H. Rosenberg

Monterey, Calif.



"Among the ranks of Chefs we see doctor, lawyer, baker. . .but we continue to hope for an Indian chief"

Chefs of the West are those brave fellows who attend this monthly meeting armed with an example of their culinary adventures. Among the ranks we see doctor, lawyer, baker, perhaps candlestick maker. We are unaware at the moment of an Indian chief, but will continue to hope that honor at some future time.

We do have several *Chefs* who are a

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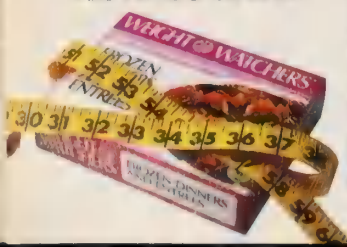

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Moist 'n Creamy Coconut Cake

1 package (2-layer size) yellow cake mix or pudding-included cake mix
1½ cups milk
½ cup sugar
2 cups BAKER'S® ANGEL FLAKE® Coconut
3½ cups or 1 container (8 oz.) COOL WHIP® Whipped Topping, thawed

Prepare cake mix as directed on package, baking in 13 x 9-inch pan. Cool 15 minutes; then poke holes down through cake with utility fork. Meanwhile, combine milk, sugar and ½ cup of the coconut in saucepan. Bring to a boil, reduce heat and simmer 1 minute. Carefully spoon over warm cake, allowing liquid to soak down through holes. Cool completely. Fold ½ cup of the coconut into whipped topping and spread over cake. Sprinkle with remaining coconut. Chill overnight. Store leftover cake in refrigerator.

Bake these holiday recipes.

Libby's Pumpkin makes them delightful. Libby's Gift Trays make them beautiful.

Libby's Pumpkin Nut Bread

2 cups sifted flour
2 teaspoons baking powder
½ teaspoon soda
1 teaspoon salt
1 teaspoon ground cinnamon
½ teaspoon ground nutmeg
1 cup Libby's Solid Pack Pumpkin
1 cup sugar
½ cup milk
2 eggs
¼ cup butter or margarine, softened
1 cup chopped walnuts or pecans

Preheat oven to 350°. Sift together first 6 ingredients. Combine pumpkin, sugar, milk and eggs in bowl. Add dry ingredients and butter; mix only until flour is moistened. Stir in nuts. Bake in well-greased 9 x 5 x 3" loaf pan 65 min. or until toothpick inserted in center comes out clean. Cool 10 minutes. Remove from pan. Yields 1 loaf.

Libby's Pumpkin Spice Cookies with Lemon Icing*

½ cup shortening
1 cup sugar
2 eggs, beaten
1 cup Libby's Solid Pack Pumpkin
2 cups sifted flour
2 teaspoons baking powder
1 teaspoon salt
2½ teaspoons ground cinnamon
½ teaspoon ground nutmeg
¼ teaspoon ground ginger
1 cup raisins
1 cup chopped nuts

Preheat oven to 350°. Cream shortening; gradually beat in sugar. Add eggs and pumpkin; mix well. Sift flour, baking powder, salt and spices together; add to pumpkin mixture; mix well. Add raisins and nuts. Drop by heaping teaspoon onto greased cookie sheets; bake about 15 min. (until firm to touch). Remove from sheets; cool. Yields 4 doz.
*LEMON ICING: Combine 2 cups confectioners' sugar with 1 Tbsp. each lemon juice and grated lemon rind. Add just enough cream to make icing spreadable.

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G

chefs de cuisine, that is to say, professionals. We welcome a new one this month. Patrick Terrail earns his livelihood at his restaurant Ma Maison, and offers us his recipe for a kind of hot fudge sundae. Naturally this is not simply a ball of cold white stuff with brown goo. Read on to see what it really is.

Sundae Crêpes For Any Day

¾ to 1 cup (about 4 oz.) filberts
6 (1.05 oz. *each*) milk chocolate candy bars
½ cup whipping cream
16 crêpes, at room temperature (recipe follows)
About 1 quart rich vanilla ice cream
⅓ to ½ cup orange-flavored liqueur (Grand Marnier, Triple Sec, or Cointreau)

Spread nuts in a single layer in a 9- or 10-inch square baking pan. Roast in a 350° oven until skins begin to split and nuts look golden underneath, 8 to 10 minutes. Remove from oven; enclose nuts in a dry towel and rub packet to loosen brown skins. Lift out nuts and coarsely chop; set aside.

Break chocolate bars into small pieces in a 1- to 2-quart pan; add cream and place over lowest heat, stirring, until chocolate is melted. Keep warm.

Quickly wrap each crêpe around a ¼-cup scoop of ice cream and place on a dessert plate; allow 2 crêpes per serving. Evenly spoon chocolate sauce over top, sprinkle equally with nuts, and spoon 2 to 3 tablespoons orange-flavored liqueur over each serving. Makes 8 servings.

Crêpes. In a blender or food processor whirl 3 **eggs** with ⅔ cup all-purpose **flour**; add 1 cup **milk** and whirl until smooth.

In a 6- to 7-inch crêpe pan or other flat-bottomed frying pan, melt ¼ teaspoon butter or margarine over medium heat and swirl to coat surface. All at once, pour in about 1½ tablespoons of the batter, tilting pan so batter flows quickly over entire flat surface. If heat is correct and pan hot enough, crêpe sets at once and forms tiny bubbles (don't worry if there are a few small holes); if pan is too cool, batter makes a smooth layer. Cook until edge of crêpe is lightly browned and surface feels dry when lightly touched.

To turn, run a wide spatula around edge to loosen. Lay spatula on top of crêpe and very quickly invert pan, flipping crêpe out onto spatula. Then lay crêpe, uncooked surface down, back into pan and cook until it is lightly browned. Turn crêpe out of pan onto a plate.

Repeat to make each crêpe; stir batter occasionally. Stack crêpes as they are cooked. Use within a few hours; or let cool, package airtight, and refrigerate for up to 1 week or freeze for longer storage. Makes 16 crêpes.

Patrick A Terrail
Los Angeles

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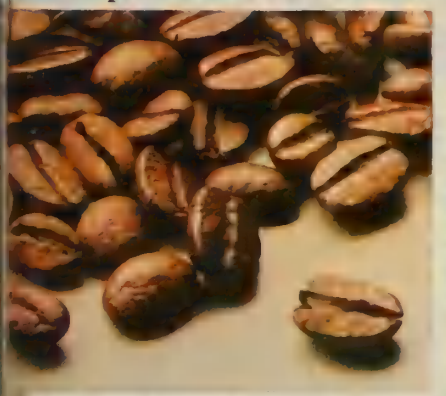

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3. Kraft 100% Parmesan is a delicious addition to the fixings you put between two slices of bread. So be a hero, sprinkle it on _____.
4. No matter what you ladle into the bowl, Kraft 100% Parmesan is a delicious finishing touch to all kinds of _____.
5. Before or after you pour on the dressing, Kraft 100% Parmesan adds extra zip to _____.
6. When you whip up some eggs, a little Kraft 100% Parmesan works wonders with _____.
7. Who says Kraft 100% Romano can't go south of the border. Your family will shout olé to its taste on _____.
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Pass the catsup!

DARROW M

Elizabeth Witkowicz, chef at Eugene's Restaurant in Los Altos, California, proudly serves her specialty, Polish-style stew with sausage

From Poland, two hearty stews with sauerkraut, sausage, and fruit

Centuries ago, hunters in Poland cooked their mixed bag of game with cabbage, sauerkraut, onions, and sometimes fruit and mushrooms for a hearty stew known as *bigos.* Today, it still remains a popular Polish classic and is especially savored during the long cold winters.

Every cook has a favorite recipe for bigos. The first version has been in Elizabeth Witkowicz's family for many years. It's tinged with tomato, piquant, and mildly fruity. The second recipe was brought back from Poland by one of our editors. Apples and dried fruit lace this less tart version. Serve either with buttered boiled potatoes or potato dumplings.

Elizabeth's Bigos

- 2 cans (1 lb. *each*) sauerkraut
- Water
- ¼ pound sliced bacon, cut in ½-inch pieces
- ½ pound boneless pork shoulder or butt, cut in 1-inch cubes
- ½ pound boneless beef chuck, cut in 1-inch cubes
- ½ pound kielbasa (Polish sausage), cut in ¼-inch-thick slices
- 1 large onion, chopped
- 1 can (6 oz.) tomato paste
- 10 pitted prunes or ½ cup raisins
- 1 bay leaf
- ¼ teaspoon ground allspice
- ½ cup dry red wine
- Salt and pepper

In a 5- to 6-quart pan, pour about 1½ quarts boiling water over the sauerkraut to cover; let stand 10 minutes. Drain well. Add 1 quart water and simmer, uncovered, 20 minutes.

In a 12- to 14-inch frying pan, combine the bacon, pork, beef, sausage, and oni Stir over medium-high heat until mea well browned. Stir in tomato paste; ad sauerkraut mixture along with prun bay, allspice. Simmer, covered, stirr occasionally, until meat is tender w cut, 30 to 45 minutes. Add wine and si mer, uncovered, 5 to 10 minutes lon Add salt and pepper to taste. Makes 6 t servings.—*E. W., Los Altos, Calif.*

Mary Ann's Bigos

- ¼ cup (⅛ lb.) butter or margarine
- 1 large onion, chopped
- ¼ pound mushrooms, sliced
- ¾ pound kielbasa (Polish sausage), cut in ¼-inch-thick slices
- 1 can (1 lb.) sauerkraut, rinsed well and drained
- 2½ cups water
- 1½ to 2 pounds ham hocks
- 4 quarts shredded cabbage (2½-lb. head)
- 2 tart apples, peeled, cored, and sliced
- 10 pitted prunes

In a 6- to 8-quart pan, combine butt onion, mushrooms, and sausage. Stir ov medium-high heat until onion is ligh browned. Remove from pan; set aside.

To pan add sauerkraut, water, and ha hocks; simmer, covered, for 1½ hou Add cabbage and sausage mixture; si mer, covered, until ham pulls easily fro bone, about 45 minutes. Remove fro heat; lift out hocks. When cool, cut me in bite-size pieces and return to pan. A apples and prunes. Simmer, covered, un fruit is soft when pierced, about 30 mi utes. Makes 6 servings.

SUNSE

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New SuperMoist® apple cinnamon cake.

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Tart and sweet, *date sauce makes flavorful topping for thick pork chops*

Spunky chutney tops the chop

The intense, creamy sweetness of date balanced by the sharp tang of vinegar peppery spices in this chutney-like sa It cooks to thick jam consistency in ab 4 minutes, as the dates soak up the soned liquid. Serve the sauce hot, at ro temperature, or chilled.

Try this spunky date sauce as a condim for pork chops, baked ham, roast chick or curry dishes. For a snack, use it a topping for cream cheese on crackers. batch makes slightly more than a cup, it keeps well in the refrigerator.

Date Chutney Sauce

- ½ pound pitted dates, coarsely chopped (about 1½ cups)
- ½ cup *each* cider vinegar and water
- 1 tablespoon mustard seed
- ¼ teaspoon *each* pepper and crushed dried hot red pepper
- ⅛ teaspoon *each* ground cloves and allspice

In a 2- to 3-quart pan, combine the dat vinegar, water, mustard seed, pepp crushed red pepper, cloves, and allspi Cook over medium heat, mashing da with a heavy spoon and stirring until sau is very thick, 4 to 5 minutes. Serve hot cool. To store, cover and refrigerate up 3 weeks. Makes about 1½ cups.—*G. Los Angeles.*

Introducing New Stove Top® Stuffing for Beef.

"It's perfect with beef 'cause it's got real beef broth."

Beef and stuffing? Sure thing.

New Stove Top® Stuffing Mix for Beef's perfect with all kinds of beef dishes because

it's got a special blend of seasonings--and real beef broth.

Try it instead of potatoes with a roast, hamburgers, or steak.

"Mmm. Wait'll you taste it!"

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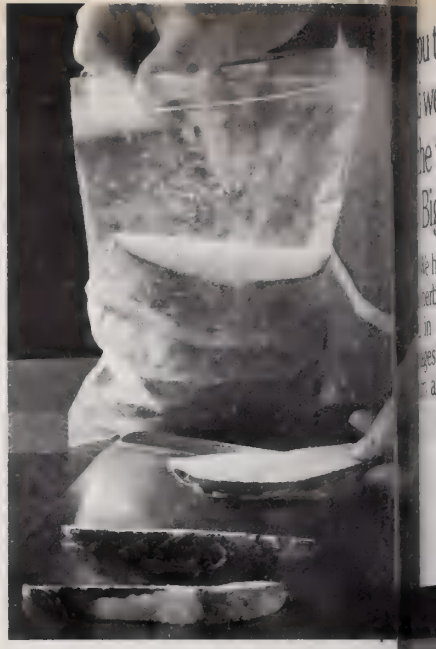

***Partially cooked** wedges come out of freezer bag for final baking*

Potato wedges, freezer to oven

Thick and golden, these baked po wedges have the same appeal as Fr fries but are much less messy to make an added convenience, you can part bake them, store them in the freezer, brown them from the frozen stat needed.

Butter-baked Potato Wedges

- ½ cup (¼ lb.) butter or margarine, melted
- 6 medium-size (about 3 lbs.) Russet potatoes, scrubbed
- Salt and pepper

Brush the bottoms of 2 shallow rim baking pans (10 by 15 inches) with ab ⅓ of the butter. Cut each potato len wise into 8 wedges and arrange wed skin sides down, in pans. Brush tops the remaining butter. Bake in a 450° o until edges are deep brown, about 40 m utes. Serve at once with salt and peppe taste. Makes 6 to 8 servings.

Freezer-to-oven Baked Potato Wedge

Bake **potatoes** as directed above, but until they just begin to brown and tender when pierced, about 20 minu Immediately set in pans in refrigerato chill. Freeze on pans, then transfer fro potatoes to plastic freezer bags; the keep as long as 2 months.

To cook frozen potatoes, remove as m wedges as desired from freezer and range them, slightly apart, on an greased baking pan or pans. Bake i 500° oven until edges are deep bro about 20 minutes.

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Offer expires 12/31/83. Allow 4 to 6 weeks for delivery. R.C. Bigelow, Inc., Makers of "Constant Comment" Tea

Swirls of evaporated milk seep into cinnamon-spiced Thai iced tea

Thai tea or coffee . . . sweet, creamy, hot or cold

Ordering coffee or tea in Thai restaurants may bring about a bit of surprise for first-time customers. Instead of dark, clear coffee or tea, a milky, rather sweet beverage in a glass cup may appear. Rest assured, you did get what you ordered.

In Thailand, strongly brewed coffee or tea is flavored with canned sweetened condensed or evaporated milk because fresh dairy products are unavailable. Often a dash of cardamom or cinnamon is ad The result: an unexpectedly exotic-tas beverage that can be served hot or almost as a dessert.

To make these Thai beverages at h you can use your favorite brand of gro coffee or tea. But for a more auther flavored tea, we suggest that you purc Chinese-style red or black tea bags, in grocery stores well stocked with Or tal products.

Thai Coffee

Brew coffee in a drip-style coffee make percolator, allowing 3 level tablesp **ground coffee** for each 2/3 cup (6 oz.) **ter.** To serve hot, pour into indivi cups. To each serving add a dash of **gro cardamom** and about 2 tablesp **sweetened condensed milk;** stir to blen

To serve coffee cold, fill 10- to 12-o beverage glasses to the rim with **ice cu** fill 2/3 full with slightly cooled **coffee.** each serving, stir in 2 tablespoons **eva rated milk,** a dash of **ground cardam** and **sugar** to taste.

Thai Tea

To brew tea, allow 2 **Chinese-style re** black **tea bags** or 1 tablespoon reg black tea for each 1 cup boiling **water.** steep 5 minutes. To serve hot, pour individual cups. Add a dash of **ground namon** and about 2 tablespoons **sweete condensed milk** to each cup; stir to bl

To serve tea cold, fill 10- to 12-ounce erage glasses to the rim with **ice cubes** 2/3 full with slightly cooled **tea.** For e serving, stir in a dash of **ground cinnam** 2 tablespoons **evaporated milk,** and **su** to taste.

DARROW M

***Thick condensed milk** flows directly to bottom of cardamom-flavored Thai coffee*

The heart of a great antipasto: Hormel Italian Meats.

Hormel makes elegant Italian appetizers easy to fix. Simply serve our mellow Prosciutto with wedges of sweet melon. Wrap our delicate, distinctive Genoa Salami around crisp breadsticks. Slice our hot/sweet Pepperoni into long strips and roll up with Mozzarella cheese.

Hormel Italian meats, made with generations of subtle skill and aged as patiently as fine wine, will make your antipasto worthy of a Caesar.

Hormel For friends, Romans, countrymen.

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A great gift, this unique basic cookbook is ide for beginning cooks and demonstrates new skills for more experienced cooks. It's perfect for new house holds, young independents, and busy on-the-go-peop

Easy Basics for Good Cooking presents friendly, no-nonsense approach to good, basic cooki A special introductory price of $8.95 ($1.00 off) will b effective until December 31, 1982 ($9.95 suggested retail after that date).

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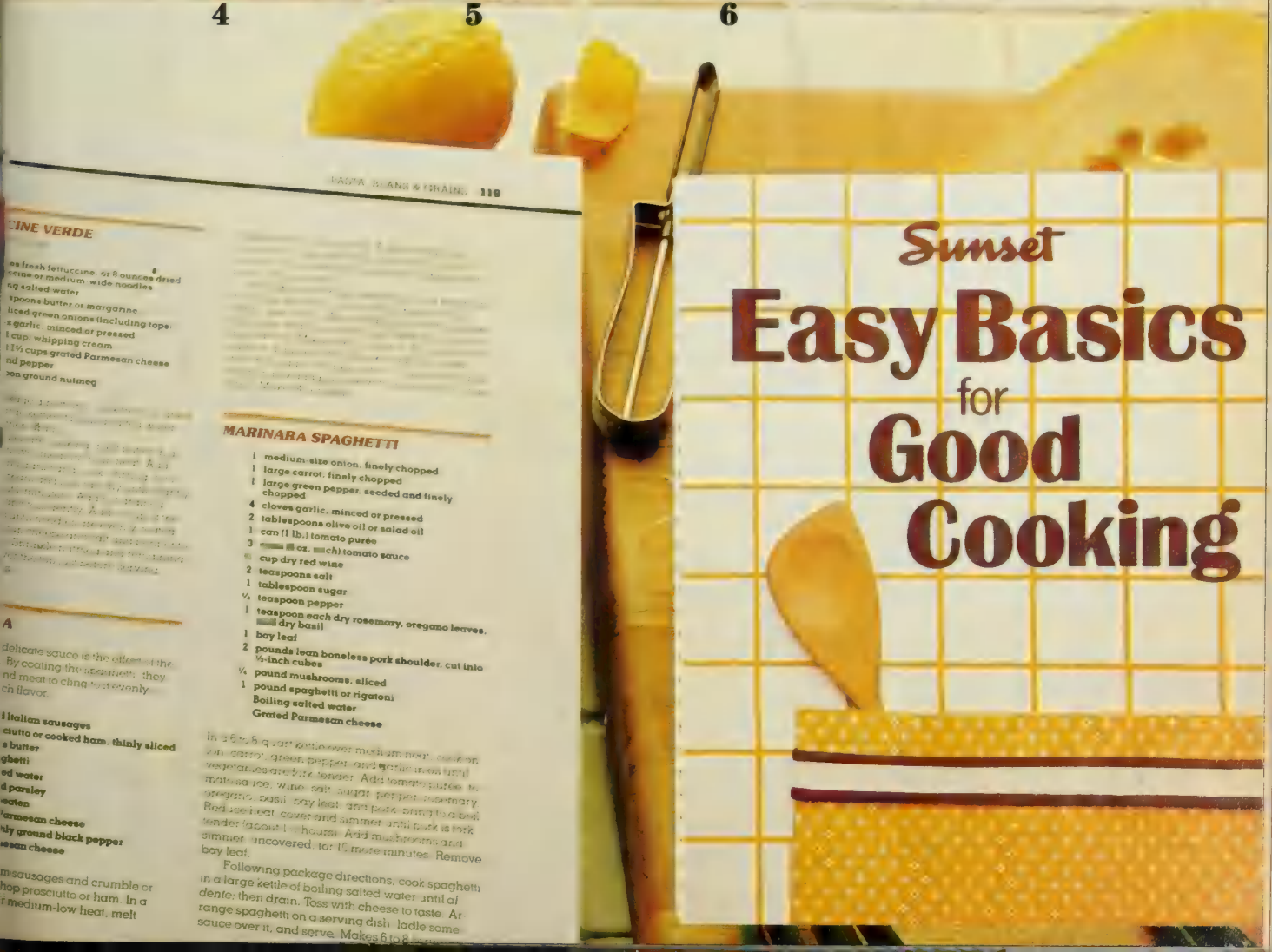

PASTA, BEANS & GRAINS 119

CINE VERDE

as fresh fettuccine, or 8 ounces dried
cine or medium-wide noodles
g salted water
spoons butter or margarine
liced green onions (including tops)
s garlic, minced or pressed
1 cup whipping cream
1 1½ cups grated Parmesan cheese
nd pepper
oon ground nutmeg

A

delicate sauce is the effect of the
By coating the spaghetti, they
nd meat to cling to every
ch flavor.

l Italian sausages
ctutto or cooked ham, thinly sliced
s butter
ghetti
ed water
d parsley
eaten
Parmesan cheese
nly ground black pepper
esan cheese

m sausages and crumble or
hop prosciutto or ham. In a
r medium-low heat, melt

MARINARA SPAGHETTI

1 medium-size onion, finely chopped
1 large carrot, finely chopped
1 large green pepper, seeded and finely chopped
4 cloves garlic, minced or pressed
2 tablespoons olive oil or salad oil
1 can (1 lb.) tomato purée
3 [illegible] oz. [illegible]ch) tomato sauce
[illegible] cup dry red wine
2 teaspoons salt
1 tablespoon sugar
¼ teaspoon pepper
1 teaspoon each dry rosemary, oregano leaves, [illegible] dry basil
1 bay leaf
2 pounds lean boneless pork shoulder, cut into ½-inch cubes
¼ pound mushrooms, sliced
1 pound spaghetti or rigatoni
Boiling salted water
Grated Parmesan cheese

In a 6 to 8 quart kettle over medium heat, cook onion, carrot, green pepper, and garlic in oil until vegetables are fork tender. Add tomato purée, to[illegible] sauce, wine, salt, sugar, pepper, rosemary, oregano, basil, bay leaf, and pork; bring to a boil. Reduce heat, cover and simmer until pork is fork tender (about 1 [illegible] hours). Add mushrooms and simmer, uncovered, to 10 more minutes. Remove bay leaf.

Following package directions, cook spaghetti in a large kettle of boiling salted water until *al dente*; then drain. Toss with cheese to taste. Arrange spaghetti on a serving dish; ladle some sauce over it, and serve. Makes 6 to 8

Sunset

Easy Basics for Good Cooking

If the lettuce is real, the zucchini is real, the eggs are real, the cheese is real, the tomatoes are real, then shouldn't the bacon on top be real, too?

Hormel Bacon Bits are 100% real bacon. Lean and smoky. And delicious on practically everything.

So if you cook with real ingredients, don't stop when you get to the top.

Hormel Bacon Bits 100% real bacon.

DARROW M. WATT

Rustic loaf of pumpernicke is cut into thick slices for sandwiches of ham and alfalfa sprouts with mayonnai

Dark and fragrant pumpernickel

The assertive flavors of rye and whole bran, tempered with the sweetness of molasses, give this dark, pumpernickel-style bread its richness and versatility.

Fine-textured and fragrant, it's good just sliced and buttered. Or stack it with slices of mild cheeses and smoked meats to make distinctive sandwiches, or toast it at breakfast and serve with butter and orange marmalade.

Molasses Pumpernickel Bread

- 2 tablespoons butter or margarine
- 2 cups milk
- 1½ teaspoons salt
- ½ cup dark molasses
- ½ cup warm water (110°)
- 2 packages active dry yeast
- ⅓ cup firmly packed dark brown sugar
- 1½ cups whole-bran cereal
- 3 cups medium-grind rye flour
- 4½ to 5 cups all-purpose flour
- 1 egg yolk mixed with 1 tablespoon water

In a pan (about 1 qt.), melt butter and stir in milk, salt, and molasses. Set aside.

Meanwhile, in a large bowl, combine the water, yeast, and sugar; let stand until bubbly, about 5 minutes.

Add the lukewarm milk mixture, the bran cereal, rye flour, and 2 cups of the all-p pose flour to the yeast mixture; beat u well blended.

With a dough hook or heavy spoon, stir about 1½ cups more all-purpose flour make a stiff dough. Turn dough out o floured board and knead, adding flour required to prevent sticking, until dough is smooth and elastic, about 10 15 minutes.

Lift dough into a greased bowl, turn over to grease top. Cover with plastic w and let rise in a warm place until doubl about 1½ hours.

Punch dough down and divide into t equal portions. Knead each portion s eral times, then shape each into a smo ball; flatten slightly.

Place each loaf on a greased baking sh at least 10 by 15 inches. Cover and let in a warm place until almost doubl about 40 minutes. With a sharp kn make ½-inch-deep slashes on top, creat a ticktacktoe grid design. Brush all o with the egg yolk mixture.

Bake in a 350° oven until bread is ric browned and sounds hollow when ligh tapped, about 30 to 35 minutes. Cool racks. Serve warm or cool. To store, w and freeze. Makes 2 round loaves.

SUNS

Yuban.®

Richness worth a second cup.

GF
GENERAL FOODS

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DAVID STUBBS

***In this updated version** of German hasenpfeffer, marinated rabbit is braised, then dressed with sour cream sauce*

Hasenpfeffer for today's rabbit

By immersing rabbit in a tart, punge marinade for several days, old-style re pes for *hasenpfeffer* were designed make the gamy flavor and resilient textu of wild hare more palatable.

However, today's tender market rabbit delicate, lean, and mild of flavor—is ove whelmed when treated in the classic fas ion. When you reduce the marinati time, the tang and spice associated wi this dish complement domestic rabbit.

Here we propose you marinate the rabb in a fragrant solution for just 2 hours, th braise the meat as you would chicken.

Braised Rabbit in Sour Cream

- 2¼- to 2½-pound fryer rabbit, cut up
- 2 cups *each* distilled white vinegar and water
- 1 large onion, chopped
- ½ teaspoon whole black pepper
- ¼ teaspoon whole cloves
- 2 bay leaves
- 3 tablespoons butter or margarine
- 1½ cups regular-strength chicken broth
- 1 pound hot, cooked, small (about 2-inch diameter) thin-skinned potatoes, sliced
- 1 cup sour cream
- 2½ teaspoons cornstarch
- Finely chopped parsley

In a large noncorrodible bowl (glass, c ramic, stainless steel), combine rabb vinegar, water, onion, pepper, cloves, ar bay leaves; cover and refrigerate 2 hours

In a 12- to 14-inch frying pan, melt butt Lift rabbit from marinade and pat dr add to pan. Cook, uncovered, over m dium heat until juices evaporate and ra bit is brown on all sides; takes 20 to 2 minutes. Remove from pan; set aside.

Pour marinade through a wire strain and reserve. Add onions, spices, and ½ c marinade to pan drippings. Cook ov high heat, stirring, until liquid evaporat and onions brown lightly, 8 to 10 minute Add broth and rabbit. Reduce heat to simmer, cover, and cook until rabbit tender and pulls easily from bones, 35 45 minutes.

Arrange rabbit and potatoes on a platte keep warm. Blend sour cream with cor starch. Stir into broth and cook over hig heat until boiling, about 2 minutes; r move from heat. Coat rabbit with sauc serving any remaining sauce in a bow Sprinkle potatoes with parsley. Makes servings. *O. D., Lewiston, Idaho.*

WHY UGLY BAY LEAVES SMELL THE BEST.

There are many bay leaves you can buy that are beautifully green.

As houseplants, they're gorgeous. As bay leaves, they're imposters.

Because they come from a common domestic plant called *Umbellularia Californica.*

Real bay leaves come from Turkey. They're called *Laurus Nobilis.* And they're not very handsome.

But they're very fragrant. They give your meals a distinctive, hearty flavor that pretty bay leaves never can.

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To Madagascar for vanilla. China for ginger.

We've collected 87 of the finest herbs on earth. But don't take our word for it. Take our taste test.

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Silent Flame fireplace inserts feature ual, three speed, up-front blowers nd a thermostatically controlled forced ir system to distribute warm air evenly nroughout the home. Steel plate, triple wall onstruction. Cast iron doors, with or without lass windows. Reversible, hinged fire creen for viewing the fire. UL listed. Optional anthracite coal burner available.

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FIREPLACE INSERTS · FREESTANDING STOVES · ADD-ON FURNACES

Pop this readied-earlier soufflé into the oven when guests arrive

The flavors of a cheese blintz are present in this golden company soufflé. Its center is filled with cream cheese and cottage cheese, and a sweet cherry sauce tops individual servings.

You can assemble the soufflé hours ahead, in individual dishes or in one large dish, ready to bake when guests arrive.

Blintz Brunch Soufflé

- 6 eggs
- 1½ cups sour cream
- ½ cup orange juice
- ⅓ cup sugar
- 1 cup (½ lb.) butter or margarine, at room temperature
- 2 teaspoons baking powder
- 1 cup unsifted all-purpose flour
- 1 package (8 oz.) cream cheese
- 1 pint (2 cups) small-curd cottage cheese
- 2 egg yolks
- 1 tablespoon sugar
- 1 teaspoon vanilla
- Cherry sauce (recipe follows)

In a blender or food processor, whirl together the eggs, sour cream, orange juice, ⅓ cup sugar, butter, and baking powder. Add flour and whirl until smooth. Pour half the batter into a shallow buttered 3-quart (9- by 13-inch) casserole, or divide equally between 8 to 10 individual soufflé dishes (about 1½-cup size).

Dice the cream cheese and mix with the cottage cheese, egg yolks, the 1 tablespoon sugar, and the vanilla. Drop by spoonfuls evenly over batter in dish (it will sink slightly), then gently pour remaining batter over all.

(If made ahead, cover and refrigerate soufflé up to 8 hours.)

Bake, uncovered, in a 350°oven until puffed in the center and golden brown, about 45 minutes for individual soufflés, 55 minutes for large soufflé. Serve immediately, topping portions with cherry sauce. Makes 8 to 10 servings.—*J. J., Santa Ana, Calif.*

DARROW M. W

***Sweet cherry sauce** is crowning glory for individual cheese blintz soufflés*

Cherry sauce. In a 2½- to 3-quart pan combine 2 teaspoons *each* **cornstarch** and **lemon juice,** ¼ cup **sugar,** ½ cup water, and 3 cups pitted **sweet cherries** (fresh or unsweetened frozen). Bring to a boil over medium heat, stirring constantly, until sauce is thickened and clear. Serve warm or cooled.

Easy Enchiladas Las Palmas

Ground beef*—1 lb.
Chopped onion—½ cup.
LAS PALMAS ENCHILADA SAUCE—three 10 oz cans.
Corn tortillas—8.
Cheddar cheese (optional)—1 cup, grated.
Sour cream (optional)—for garnish.
Ripe olive slices (optional)—for garnish.

(1) Crumble ground beef into frying pan and saute with onion until meat is no longer pink. Drain grease. Mix in ⅓ cup **LAS PALMAS ENCHILADA SAUCE.** Set aside.
(2) Heat ½" depth of **LAS PALMAS ENCHILADA SAUCE** in clean frying pan. Coat each tortilla on both sides until tortilla bends without cracking.
(3) Place tortilla on plate. Fill with 3 tablespoons of meat* filling and roll. Place the rolled tortillas seam side down in a 9" x 13" baking dish. Pour the rest of the **LAS PALMAS ENCHILADA SAUCE** over them, making sure the edges are covered with sauce.
(4) Bake at 350°F for 20 minutes or until bubbly. Garnish with cheese, plus sour cream and olives if you like. Makes 8; serves a family of 4.
*For variation, substitute cooked chicken or grated cheese.

SAVE 15¢. SAVE 15¢.

On a 10 oz can of Las Palmas Enchilada Sauce, original red chili style or new, Tomato Style.

Grocer: To redeem this coupon, mail it to Las Palmas, P.O. Box 1611, Clinton, Iowa 52734. You will be paid face value plus 7¢ handling. Invoices proving purchase of sufficient stock to cover coupons presented for redemption must be shown on request. Cash redemption value 1/20 of one cent. Offer void where prohibited, taxed or restricted by law. This coupon is good only on brand specified. Any other use constitutes fraud. Offer expires June 30, 1983. Customer must pay any sales tax. STORE COUPON.

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Instant Cup·a·Soup creates easy·to·do chicken for two.

Why take a lot of time cooking more than you can eat? Now, Cup·a·Soup has made cooking for two a lot easier—the soup does the seasoning. It's never been so easy to make delicious chicken for two.

For more great-tasting recipes, write for our 28-page cookbook, "Cooking for One, Two or a Few!," Box 8731, Clinton, Ia. 52736. Include 25¢ for postage and handling.

Garden Chicken

1 tablespoon oil
1½ lbs. chicken parts
1 medium potato, sliced
⅔ cup sliced carrots
½ cup green beans
2 envelopes Lipton® Cream of Chicken Flavor or Cream of Mushroom Cup·a·Soup
⅔ cup water

In medium skillet, heat oil and brown chicken; drain. Add vegetables and soup mix blended with water. Simmer covered 45 minutes or until tender. Serves two.

Sunshine Chicken

1 tablespoon butter or margarine
1 whole chicken breast, split, skinned and boned
2 envelopes Lipton® Onion Cup·a·Soup
2 teaspoons cornstarch
1 cup orange juice
2 teaspoons honey
hot cooked rice

In medium skillet, melt butter and brown chicken. In bowl, blend remaining ingredients; add to skillet. Simmer, turning occasionally, 10 minutes or until tender. Place chicken on bed of rice. Serves two.

And you thought Cup·a·Soup just made soup!

)CTOBER IN YOUR GARDEN:

It's a new ball game. Plant for winter and spring. Get summer out of the way

)ctober marks the kickoff of a new gar-ening season. Summer vegetables and nnuals retire from the field to make way or winter- and spring-blooming annuals, ulbs, and cool-season vegetables. Con-ider bringing some new recruits into your asic landscaping, since cooler weather et still-warm soil make this an excellent lanting month for many trees and shrubs. Your game plan might also include ren-ovating your lawn or replacing it with a drought-tolerant ground cover.

But remember, you may not be able to go nto overtime after Halloween, when the switch from daylight savings time brings after-work gardening to a halt.

Coaxing pea seeds into germinating

Pea seeds can sometimes be cantankerous about sprouting, and may rot if contin-ually doused with water by an over-eager gardener. If you live in a mild-winter area and are planning to sow some peas this month, a few precautions will help ensure success.

You can speed up germination by soaking the seed in a container of water for 24 hours prior to planting. Sow seeds in a sunny spot about ½ to 1 inch deep in fast-draining, organic-rich soil. (Space rows about 2 feet apart; seedlings should even-tually be thinned to 2 inches apart). Wa-ter after sowing, and provide a trellis or other support for climbing varieties.

Wait until seedlings start to poke through the soil before watering again, since the infant seedlings are particularly sensitive to soggy soil.

Ajuga and coyote brush: unthirsty alternatives to dichondra

Summer heat and erratic watering can be hard on dichondra lawns, so consider planting a tougher, less thirsty alternative now. Claude and Alice Hogge of Rocklin, California, decided that the Central Val-ley heat was too mighty a foe for their di-chondra, so they replaced it with coyote brush (*Baccharis pilularis*) and the bronze-leafed form of carpet bugle (*Ajuga reptans*) shown at right. October is an ex-cellent time to plant either of these ground covers.

Ajuga needs good drainage and soil con-taining at least ⅓ organic matter, such as ground bark or peat moss. Plants spaced about 6 to 12 inches apart will send out runners to cover the area fairly quickly with a thick mat of broad leaves 4 to 6 inches tall. Another plus is the delicate blue flower spikes that appear in spring or early summer (to keep plants neat, shear off flowers after they fade). Plants can get by on moderate summer watering, and they appreciate feeding at least once a year in spring.

Coyote brush is even more drought-toler-ant than ajuga, and it's a particularly good choice for planting under oaks (other ground covers that demand watering in-crease the risk of oak root fungus). Plants are covered with small saw-toothed edged leaves, and grow 1 to 2 feet high with a spread of 6 feet or more. To keep coyote

)lor that asks little

'hat I like best about my garden," says ne Marron, "is that it's color, color, or, with very little care." Dominating scene are gazanias—rated by many as number one drought-tolerant wering ground cover for mild-winter mates. On the left bank of the dry eam bed is 'Sunrise Yellow'; on the ier side is darker gold 'Sunburst'. ese or similar spreading types are best covering large areas.

arted now, plants have time to spread d root deeply before next summer's at. Peak bloom starts in late winter, ts into spring. In this May photograph, wers are just beginning to thin out fore taking a brief summer rest. Their een or silvery gray foliage is good-oking all year.

umps of daylilies, bearded iris, and rennial statice add seasonal bloom. A alifornia pepper tree (*Schinus molle*) ovides a willowy backdrop. These ants thrive with minimal water and re. In mild-winter climates, you can ant all five now.

Sunset's GARDEN GUIDE

Special information for high elevations, page 242

STEVE W. MARLEY

***Bronze-leafed** Ajuga reptans (to right of rock border) and green coyote brush thrive with minimum watering near Sacramento*

Sunset's GARDEN GUIDE

brush looking tidy and lush, cut old scraggly long branches and thin out tangled growth in spring.

Promote fast rooting of rhododendron cuttings with willow tea

An extract made from the supple tips of any type of willow tree makes a remarkably stimulating "tea" for rooting cuttings. Recently, rhododendron growers who have been experimenting with cuttings report up to 100 percent rooting, as well as healthier roots on the cuttings. The unidentified ingredient in willow tea works best when teamed with standard rooting hormones; it can make them dozens of times more effective.

To make the sweet-smelling yellow brew, use pliable tips from this year's growth on any willow and follow the steps pictured below. Refrigerated, the tea will keep in a closed jar for up to a month.

To prepare cuttings of rhododendrons or other woody plants, snip off a 3- to 5-inch-long section of tip growth. Remove all but three end leaves, and snip off one-third to one-half of their tips (see step 3). Use a sharp knife to slice off a 1-inch-long thin sliver of bark and wood from the side of the base of the stem.

Place only the bottom half of the stems in the prepared solution (immersing the entire cutting might kill it). After soaking, remove cuttings and pat dry with paper towels. Dip stem ends into commercial rooting hormone, tap off excess, and plant in flats or other containers filled with equal parts of sand and peat.

Put cuttings in a bright spot out of direct sun, and keep the rooting medium from drying out. About six months later, or when new growth shows, tug gently on cutting to find out if roots have formed. If they have, transplant into pots or flats of rich potting mix. Water with 50 percent willow tea; repeat a month later.

A year after roots form, transplant cuttings into the garden.

To stop the fairies dancing on your lawn, try better care, maybe digging

"Fairy ring," a fungus disease in lawns that children find delightful, may look unsightly to adults—and it can reduce the vigor of your lawn. Often the first symptoms, which usually appear in summer, are rings or dark green patches a foot or more across. (These are where tiny fairies have danced on the lawn overnight.) Later, especially when the rainy season arrives, you may spot rings of small mushrooms (chairs for the foot-weary sprites).

Best way to suppress fairy ring is to care for your lawn with regular feeding and watering, and by removing thatch. If the affected area is not large, you can remove the fungus that is causing it by digging up the lawn in the area contained by the ring (dig down at least a foot), plus the area 18 inches outside the ring. Put this turf immediately into a container or plastic bag for removal, since it might otherwise infect the lawn. Refill the hole with fresh soil, and sow seeds or plant sod.

If this is not practical, aerate the infected area and surrounding 18 inches. Help revitalize damaged lawn with regular feeding and watering. Dispose of *any* mushrooms as soon as they appear, since some may be poisonous.

Chemical fumigation with methyl bromide controls fairy ring, but the fumigant is so toxic that only licensed operators are permitted to use it, and local ordinances may prohibit application in home gardens.

Looking for tree planting ideas? Check San Mateo's Central Park

Gardeners in San Mateo and adjacent communities on the San Francisco Peninsula may not realize that an excellent arboretum is tucked into an unlikely locale bordered by bustling El Camino Real between Ninth and Fifth avenues. This area, known as Central Park, was given arboretum status several years ago, and now boasts over 60 specimen trees. Most are labeled with their common and scientific names.

Walking through the arboretum will give you a good idea how a particular tree might perform in your garden. (For information on any unlabeled trees, check the park recreation center.) The park is open from 8 A.M. to dusk daily. The Japanese garden area is open from 8:30 to 5 weekdays, from 11 to 5 weekends.

If you're interested in supporting the park

1 • *Cut tender tips to make rooting extract. Strip leaves from tips, cut in 1-inch lengths, and pound with hammer against board to loosen bark*

2 • *Put ¼ pound of pounded pieces into quart jar and cover with water. Set jar in pan of water and brew at about 120° for 2 to 3 hours. Strain brew*

3 • *Soak stems of cuttings in willow brew at room temperature for 12 to 24 hours, longer for hard-to-root plants such as certain rhododendron varieties*

VERNA VAN DI

development of the arboretum, join San Mateo Arboretum Society, Box 3, San Mateo, Calif. 94401. Annual of $15 include a subscription to *Pa- Horticulture* magazine, a quarterly sletter, and other benefits such as spe- rates for arboretum-sponsored events.

ıder makes food scraps ppealing to compost-raiding rats

f rats (*Rattus rattus*) have become a ɔlem for many compost fans in suburban areas. Though kitchen scraps are an ellent source of nitrogen for the com- heap, and help speed decay, many deners have stopped putting these into compost pile, where they seem to at- t the rodents.

ty Collins of San Carlos has a simple to reduce the appeal of kitchen ps: she grinds them to a pulp in her ıder (sometimes adding water), then rs the soupy mixture into her compost. er she has forked over the contents of pile, rodent raiders generally find her ıpost unappetizing.

success with broccoli, key is timing

ccoli is a surprisingly easy vegetable to w, but many gardeners have never at- ıpted this tasty vegetable for fear that s temperamental. Or they may have d and were disappointed when it flow- d prematurely.

e main precaution in growing broccoli o plant it so that it matures when tem- atures are chilly (broccoli likes cool ather but can't take hard freezes). Gar- ıers who live in areas not subject to se- e winter cold can plant broccoli now ough February for harvest in winter to ly spring.

u can buy broccoli seedlings in sixpacks nurseries. Their stems may have a slight nd at the soil surface; plant the seed- gs slightly deeper than they're growing the sixpack so the bent part of the stem buried. As the plant matures, the stem il grow strong and straight.

ace plants every 18 to 24 inches in rows eet apart. A dozen plants are plenty for e average family.

sure to harvest heads while the buds e still tight and green. Once the yellow wers start to open, the flavor will diminı. After you've removed the central clus- , leave plants in the ground: often side anches will produce additional smaller ısters.

mit fall water for junipers . . . avoid root problems

ostrate and hedge-type junipers are of- n plagued by root rots at this time of ar due to overwatering, according to re- archers at the University of California. hey advise withholding water from ealthy, established junipers during the te summer and early fall. (Of course, ew plantings should be irrigated.) □

OCTOBER CHECK LIST:

Here are fall opportunities

☐ **Clean up.** Pull weeds, spent annuals, and vegetables. Rake thoroughly, then throw the debris on the compost pile. Store stakes, pots, and empty flats in a shed or on shelves off the ground. All this will pay off in eliminating homes for snails, slugs, and roof rats.

☐ **Dig corms, tubers.** When leaves yellow and die, dig gladiolus, tuberous begonias, and—if you prefer to dig them—dahlias. Remove foliage, shake off soil, and store in a cool, dry place.

☐ **Divide perennials.** Lift and divide overgrown plants of the early-blooming perennials: agapanthus, columbine, daylily, dianthus, moraea (Dietes), primrose, and Shasta daisy. This is also a fast and inexpensive way of increasing your supply of favorite perennials. (Divide summer and fall bloomers in spring.)

☐ **Feed and groom roses.** Fertilize and water now for a final bloom in November. Hold off on feeding after the middle of this month; let the plants rest until February. Remove faded flowers and spindly stems.

☐ **Feed young plants.** Young annuals and perennials need feeding with a complete fertilizer two weeks after setting out. Continue feeding winter bloomers lightly once a month. Feed vegetables, too.

☐ **Harvest pumpkins, winter squash.** Stop watering when leaves first start to yellow. Fruits are ready to harvest when vines are completely dry. When cutting, try not to knock off stems or rot may set in.

☐ **Kill snails and slugs.** These creatures will continue to raid fall seedling beds until nights cool to below 46°. Set out bait or go on the offensive with a flashlight and a stick. Or drop snails and slugs into a bucket of salt water.

☐ **Plant bulbs.** Anemones, crocus, daffodils, Dutch iris, grape hyacinth, narcissus, ranunculus go in soon. Buy tulip and hyacinth bulbs now, but chill them in the refrigerator for six weeks before setting out. Bulbs supposedly benefit from a little bonemeal scratched into the bottom of the planting hole.

☐ **Plant evergreens.** October is planting time for evergreen trees, shrubs, ground covers, and vines. Fertilize with a complete plant food; water well. There won't be much new leaf growth, but roots will grow and establish themselves through winter. Wait to buy deciduous plants in January, when they'll be sold as bare-root stock.

☐ **Plant lawns, reseed grass.** This is the month for planting cool-season grasses by sowing seed or laying sod. Bent, bluegrass, fescue, and rye grasses all thrive in the cooler weather. Feed established lawns and reseed thin spots.

☐ **Plant perennials.** Nurseries offer many choices, including campanula, lupine, penstemon, rudbeckia, thrift. You'll have to wait for blooms, but fall-planted perennials will display greater vigor than those planted in spring.

☐ **Plant vegetables.** In mild-winter areas, set out seedlings of cabbage, broccoli, and cauliflower. Plant onion sets, and seedlings of chives and parsley. Sow seed of beets, carrots, lettuce, leafy greens, green onions, peas, radishes, and turnips.

☐ **Plant winter annuals.** Set these out soon: calendulas, pansies, Iceland poppies, primulas, violas, stock, sweet William, and snapdragons. Coastal residents can add cineraria, nemesia, and schizanthus. Sow these flower seeds: sweet pea, forget-me-not, baby blue eyes, sweet alyssum, and spring wildflowers.

☐ **Prepare for strawberries.** Choose a sunny spot. Dig in plenty of manure or other organic material (pine needles are a favorite of strawberries). If your soil is heavy, ensure good drainage by making mounded rows 5 to 6 inches high. Plant started plants now, or wait until bare-root season.

☐ **Prune cane berries.** Train 1-year-old canes on the trellis, then cut to the ground all canes that fruited this year. Finally, train canes from the current season on the trellis and prune to 6 or 8 feet.

☐ **Take cuttings.** Semihardwood cuttings should be taken just at the point where growth is firm enough to snap when twig is bent sharply. If leaves are large, trim ends off to lessen water loss (see photograph on facing page). Plants to try include arctostaphylos, camellia, fuchsia, and rhododendron.

☐ **Water.** Dry weather isn't over yet. Keep watering new lawns, seedlings, and transplants thoroughly until soaking rains arrive.

1 • *Tie up bottom branches to protect them from damage. Use heavy twine or rope; tie securely*

2 • *Trace circle on ground about equal to branch spread, but not so far out that rootball will be too heavy*

3 • *Dig a trench outside the line. Slant sides of trench so rootball resembles inverted pyramid*

4 • *Begin to wrap old sheet, burlap, or other heavy material around rootball. Secure with big nails*

5 • *Slice under rootball and push tree over. Pull wrapping material under and wrap rest of rootball*

6 • *Secure material tightly around rootball and tie (remove soil chunks that break loose)*

Moving an evergreen nursery-style . . . ball and burlap

These photographs show how to prepare an evergreen plant to be transported beyond your garden. The process is a time-honored nursery technique called balling and burlapping, which can be used on any evergreen: tree or shrub, conifer or broad-leafed. October is the best month to do this, because the plant is entering dormancy, which minimizes the shock of being dug up. (In the low and intermediate deserts, wait a month.)

A day or two in advance of the move, water the plant well. When you dig, make the rootball large, but not too large to carry. A rootball 2 feet across can weigh more than 60 pounds, about the maximum one person can carry without strain. Anything bigger requires assistance.

If you move a plant in an open truck, make sure it is shielded from the wind. □

NORMAN A. PLATE

7 • *Carry or roll out of hole. Move with truck, wagon, or wheelbarrow. Leave material around rootball when replanting (unless it's plastic); untie it at top and spread edges before refilling new hole*

Pink Pagoda' Camellia japonica (Pl. Pat. No. 2257)

Monrovia Nursery Co. suggests

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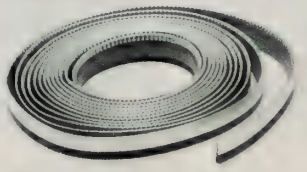

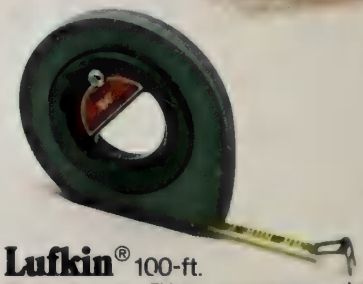

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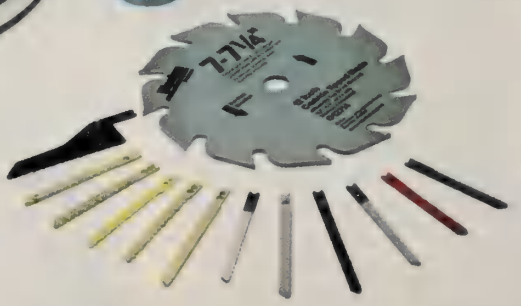

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DON NORMARK

Water landscape: *koi pond dominates the back yard. Redwood-trellised deck looks onto lower pond and waterfall (not visible here). Garden is only eight months old. Design: Cedar Fern Landscaping*

"California-Oriental" garden is just eight months old

neets West in Bennie and Lancy garden in Fair Oaks, California, ing a contemporary style they call ornia-Oriental."

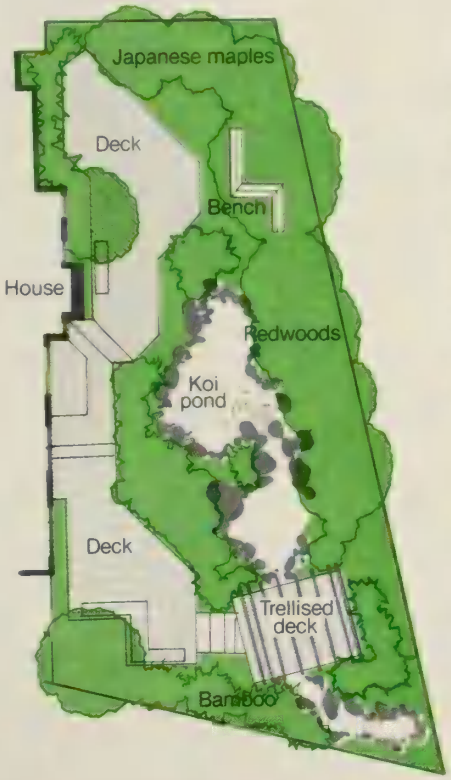
ngs wanted a garden with room for g and entertaining, while giving a sense of seclusion and privacy. also wanted the design to reflect e culture, Japanese esthetics, and Vestern life style.

u see in the plan and photographs, rden centers around a large koi -actually two ponds at different lev- ater flows over rocks from one pond other, ending in a tranquil pool at se of the trellised sitting area. The red structure, a stylized version of ditional teahouse, provides a quiet or relaxing and viewing the garden.

strong diagonal lines and different within the garden gives dimension ariety to the long narrow yard. The dering deck travels around the pond, ng you to see it from many angles.

ood and azaleas blossom pink in the g. The rest of the year, garden color is ful composition of various shades: the v-green of bamboo, Scotch moss, and na; the clear green of ferns, nandina, zalea foliage; the forest green of mu- pine; and the blue-green of 'Aptos redwoods and native blue oaks.

gh the garden was still young when graphed, it already seemed well es- hed. The Yings wanted the immediate effect of large plants, so specimen trees and shrubs were chosen for key locations. The biggest were the redwoods (in 24-inch boxes) and the Japanese maples (in 15-gallon cans) that line two fences. Shore juniper and creeping fig will make the rocks less prominent in a few years.



Angular deck, *skirting one side of the house (see plan at left), makes tiered platforms and ramps with different garden vantage points. Japanese maples, redwoods, and bamboo screen boundaries of the narrow garden*

DARROW M

***Streetside bank** is covered by dwarf coyote brush and Arctostaphylos 'Howard McMinn'. Flowering currant grows by mailbox*

***Rare white form** of flowering currant has 3-inch flower cluster in spring, then blue-black fruits with white bloom*

DAVID STUBBS

What can natives do for you?

Mostly get along with little water . . . as shown here in this three-year-old garden

In the mild-winter, arid-summer West, October offers the year's best planting conditions, especially for native plants. Here is a two-year-old garden—in mild-winter, arid-summer Lafayette, California—that is landscaped exclusively with such natives. Basic planting was done in October 1979 and 1980, and, although the final effect is still three years away, the photographs taken in May (above) and July (right) 1982 show a garden already well on its way.

One of the basic reasons for planting natives is that they need considerably less water once established (figure on two years) than most other kinds of plants.

The larger, outlying portions of this landscape are planted with chaparral na that require the least water and tol the most heat and light. These area watered only once a month, by im sprinklers.

Some plants want no irrigation onc tablished: bush poppy (*Dendrome* fremontia (*Fremontodendron*), and ly blue curls (*Trichostema*) enjoy dry locations away from the sprinkle

But not all natives are equally accom dating. Although none has the thirst hydrangea, some will not tolerate un pered sunlight or prolonged drou These have been planted to enjoy fav microclimates—shade on north walls beneath overhangs or trees.

SUN

Native leopard lily *(Lilium pardalinum) blooms in early summer near entry on east side. It likes afternoon shade*

FRANK PEDRICK

Bright pink *red-ribbon (Clarkia concinna) has naturalized along edge of oak and laurel grove*

Midsummer *has flowers too; bright yellow evening primrose (Oenothera hockeri) blooms in July, August*

NORMAN A. PLATT

The owners of the garden, Peggy and Bill Grier, and their landscape designer, Ron Lutsko, Jr., are devoted students and collectors of native plants. The original planting plan included more than a hundred species, and additions are made frequently. Here are a few of the major landscaping plants, along with information on their uses, needs, and availability.

Trees: oaks were there first

Vine maple (*Acer circinatum*). Elegant small maple, chosen for graceful outline and brilliant fall color, grows in partial shade under oaks and entry overhangs. Moderate water need. Scarce.

Valley oak (*Quercus lobata*). Beautiful

Velvety leaves of redwood sorrel (Oxalis oregana) are shown here near life size. Sorrel spreads in deep shade but is not aggressive like most kinds of oxalis

Lacy fronds, thin stems of five-finger maidenhair fern (Adiantum pedatum) belie its toughness and shade tolerance

form, low water needs. Trunk base must stay dry. Not widely sold in nurseries. Several medium-size trees were already growing on the Griers' lot. The sharp-eyed designer noticed that they lacked natural swelling at the bases of their trunks. In filling in a small ravine, the builder had buried them. The ravine was restored, the trees saved. They shade a ground cover planting of *Ribes viburnifolium* and other native evergreen shrubs also with low water requirements.

California laurel (*Umbellularia californica*). Several of these undemanding evergreen trees already grew among oaks. They take much or little moisture. Scarce.

Shrubs: Arctostaphylos, flowering currants

Arctostaphylos densiflora 'Howard McMinn'. Spreading evergreen shrub to 5 to 6 feet tall has polished black-red stems, shiny leaves, and whitish pink bell-shaped flowers. Fairly wide water tolerance, good nursery availability.

A. d. 'Sentinel'. Taller, more open than above. Needs careful summer watering to keep from drying out. This collector's item is used as an artfully thinned espalier against the house wall.

A. manzanita 'Dr. Hurd'. Tree-like manzanita of good garden tolerance. Availability slight but improving.

Pink winter currant (*Ribes sanguineum*). Deciduous shrub with drooping clusters of (usually) pink flowers. This garden has an improved form, 'Spring Showers'; a white-flowered 'Alba'; and a red-flowered 'King Edward VII'. Wide soil and moisture tolerance; thrives in sun or shade. All *Ribes* are scarce; named varieties are rare.

Salvia clevelandii. Spreading evergreen 4-foot shrub has low water needs and pervasive fragrance in its gray leaves and blue spring and summer flowers. Fairly good nursery availability.

Ground covers: more currants, with coyote brush as the workhorse

Coyote brush (*Baccharis pilularis*). Evergreen shrub grows less than 2 feet tall and spreads to 6 feet or more. The workhorse in sunny, steep parts of the Grier garden, it suppresses weeds and holds soil. Buy cutting-grown male plants such as 'Twin Peaks' (shown below) or 'Pigeon Point'. Takes heat, much or little water, poor soil. Readily available.

Evergreen currant (*Ribes viburnifoli*
Spreading evergreen shrub to 3 feet
12 feet wide. It does in the shade
coyote brush does in the sun: it's an i
uable ground cover where heavy wat
would endanger existing trees. F
widely available.

A word on availability . . .

Native plants are not always easy to
and some less usual ones require ge
research. If you are seriously intere
consider joining the California Na
Plant Society. Local chapter meeting

At rear of house, coyote brush covers steep bank. Triangular patch at foot of slope between house and pool is a rock garden where rare plants receive special attention

DAVID S

Native iris thrive on north side of house, self-sow freely. October is a good time to divide and transplant young seedlings for friends

DARROW M. WATT

tions will put you in touch with who can help. Dues are $12 a year. to Suite D, 2380 Ellsworth St., ey 94704.

er states, check with your nursery- r county agricultural extension o find out about native plant soci- Members propagate plants for sale, ere is also an active trading system. you become a part of the network, ill be able to secure many native that seldom enter the regular retail tplace.

d a word on culture

the greater part of the Grier garden o special preparation. Woodland in the shaded portions of the garden ed an admixture of ground bark in planting holes, and the rock garden ed a blend of sand and ground bark, mulch of stone chips.

ng areas are kept weed-free by a ercial spray service that uses pre- ent herbicides. The rock garden, d entry garden, and borders near the and pool are hand-weeded, as is a area at the south end of the garden wildflowers reseed themselves.

***One of rare plants** in rock garden is Sisyrinchium macounii 'Album', which grows 4 inches tall, 6 inches across in mix of soil, ground bark, and sand*

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Sunset's INTERMOUNTAIN GARDEN GUIDE

Short growing season, cold winters

As the air crispens and the trees display color and then bare their limbs, gardeners' responsibilities come into sharp focus. To ensure a healthy, productive garden next year, gather in the last harvest and clean up the garden. Get plants ready to survive winter by mulching. Make a bargain-hunting trip to the nursery. Start planning for the 1983 garden.

Firewood may harbor insects

Much firewood used in the high-elevation West comes from forests infested with bark beetles, borers, and other destructive insects. If you buy firewood, take steps to keep these tree destroyers out of your landscape plants.

Order only as much wood as you expect to use this winter. Have it delivered as late as possible in the fall to increase chances of insects being dormant. Store the firewood as far as possible from live trees of the same kind (keep pine wood away from pines, for example).

When you bring wood inside, burn it immediately so hibernating insects never get a chance to wake up.

Anchorage gardener bags a short-season squash bonanza

Here's an idea for vegetable growing that may prompt you to save those heavy plastic sacks that mulch and other garden materials come in.

In Alaska, gardeners know it's important to grow short-season vegetables and to use special tricks to get their crops to harvest size before frost. George Hedla of Anchorage enjoys success with "grow bags." He finds that these recycled plastic bags accommodate root growth better in rigid containers, and expose the so inside to the sun's warmth, accele growth and ripening. His technique squash, shown above, can be used i cold-winter climate.

Start plants indoors from seed as When it's time to transplant, shove each plastic bag a mixture of peat and vermiculite with a complete fer added (or use your own soil mix). the bags next to a south-facing wall, or bluff for optimum sunlight. Poke drain holes in the bottom of each then roll down the sides. Plant o seedlings, and water well.

For frost protection during the first w either roll up each bag in the eveni use plastic sheeting to cover all the ba plants. (In some areas, you'll have ready to provide protection from fros night during the season.)

New source for old-fashioned vegetable seeds—and a newsletter

In the mountains east of Boise, a mail-order seed business specializes i common vegetable seeds. Old-fash varieties that aren't sold any long larger dealers can often be purch from Seeds Blüm (pronounced bl The company's catalog ($1 postpaid numerous vegetables you won't s other catalogs, plus seeds of plants edible flowers.

In November, proprietor Jan Blüm launch a monthly newsletter for elevation gardeners needing inform about heirloom vegetables. Annual scription is $5. To get a catalog an tails on the newsletter, write to Blüm, Idaho City Stage, Boise 8370

Take shrub cuttings now for propagation in spring

Once the leaves have fallen from c deciduous shrubs, you can take hard

OCTOBER CHECK LIST:

This is fall action

☐ **Clean up.** Harvest remaining crops, such as beets, cabbage, carrots, celeriac, Jerusalem artichokes. Spade or till generous amounts of organic matter into beds. Compost healthy plant refuse.

☐ **Divide overcrowded bulbs.** Dig and divide daffodils and tulips, then replant.

☐ **Divide rhubarb.** Divide and transplant overcrowded rhubarb roots for more production next spring. Water occasionally to supplement rains until first heavy snow.

☐ **Mulch for winter.** Use compost or straw as a protective mulch over bulbs, around perennial vegetables, permanent plants, and strawberry beds. Mulch conserves soil moisture and minimizes soil temperature changes, helping prevent frost from heaving plants out of the ground in a hard freeze.

☐ **Shop for nursery bargains.** Take advantage of low prices as many nurseries reduce their stocks for winter. Look for several-year-old plants that have survived a few freezes already. After you transplant and water plants, spread mulch around them.

☐ **Sow perennial wildflowers.** Broadcast seed now over rock gardens, hillsides, and fields for bloom in spring. Seed is sold in bulk quantities by some nurseries, seed stores, and mail-order dealers.

☐ **Water.** After their leaves have fallen, water deciduous trees deeply—but only when the temperature is above freezing. Don't leave water standing on the ground.

bag trick: recycled plastic bag ith soil mix) is cozy home for plant. Bag rolls up at night for frost on as at left, down in day. ographed it in August; by ptember, 10 bagged plants bore 25 despite the chilly climate

ings from them to propagate next ng. Candidates include flowering al- nd, flowering quince, forsythia, kwitzia, lilac, shrub roses (not modern rids), spiraea, and weigela. (But don't ne climbing roses or spring-blooming ubs now.)

er leaf drop, take 8- to 10-inch-long tings each about as thick as a pencil. the top straight across, the bottom di- nally. Bundle the twigs loosely with ne (one species to a bundle) and label m. Lay bundles in a coldframe or inst a shaded wall and cover with sand prevent drying. If the winter is very dry, isten the sand occasionally.

root them in spring, unbundle the cut- gs and place them, diagonal side down, nches deep in soil amended with peat ss or compost. Keep watered until ves emerge. Transplant when each has good rootball; this may take a year or with some shrubs. □

So long until spring . . .

The close of the outdoor gardening season this month marks the final Intermountain Garden Guide for 1982. This guide is published spring through fall especially for gardeners in the West's cold-winter climates. Look for it again in April 1983. Meanwhile, if you have any suggestions for subjects you'd like to see us cover, please write to the Intermountain Garden Editor, *Sunset Magazine*, Menlo Park, Calif. 94025. □

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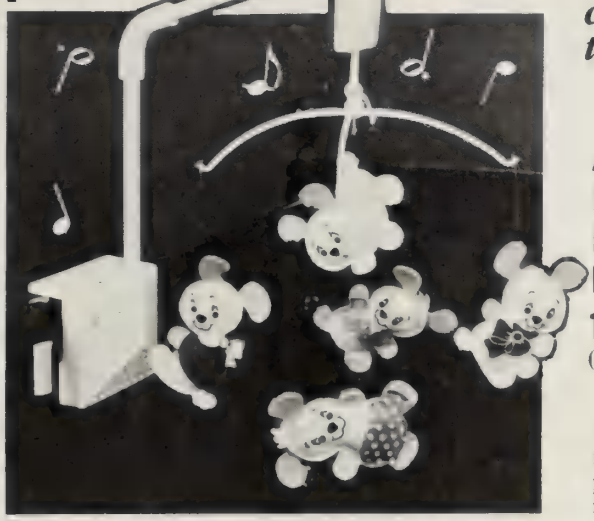

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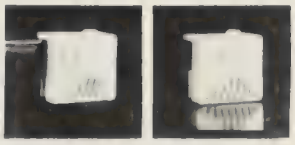
1981 The Dolly Toy Company



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*"**Now we live in our garden** and eat o*

***Trunk** of honey locust and shingled house wall frame 11- by 14-foot ground-level deck protected by a grove of aspens. Flagstone walk winds from side sitting area to back garden*

Built in 1904, this Denver house p most of its 78 years surrounded on al by lawn, shaded in summer by a ven honey locust tree. But its most recen ers, Liz and Rick Bankhead, a lanc architect, wanted more than a grass den. They wanted outdoor space would function like an outdoor ro suite of rooms.

The honey locust, invaluable as a su shade maker, had to stay, but most water-thirsty lawn was removed.

The unused side yard was decked now a sunny spot for sitting or dining spring through fall. Instead of law area around the deck was landscape a dry stream bed and a variety of g covers. A grove of native aspens now rates this space from the neighbor's

After 78 years, it was ti

NORMAN A. PLATT

Paved area is accessible from both side deck and 6- by 10-foot deck off kitchen

***Protected vegetable garden** is screened from rear garden by lath-like extension on one side of existing 3-foot fence*

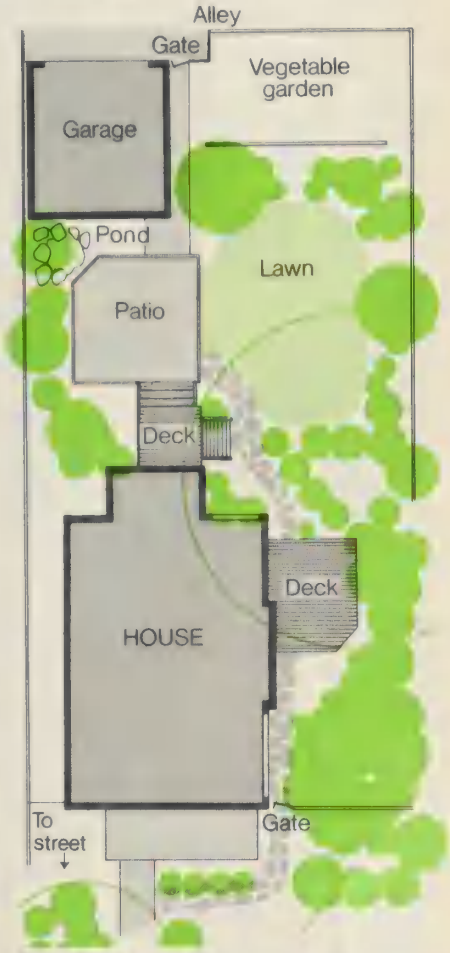
ding a leafy privacy screen in sum- and letting in sunshine in winter, it's too cold to use the deck.

nd the house is a small lawn and a square-foot paved sitting and enter- ng area. A small waterfall and pool up in the corner between the back of garage and property-line fence extend this area. The sound of the waterfall s mask street and neighborhood noise.

veen the rear garden and the back al- s a vegetable garden. Away from the e of the honey locust and surrounded -foot-high fences, it's a heat trap that uces bumper crops—tomatoes, corn, green peppers that bear as many as a n fruits per plant.

und covers, used liberally throughout, ude creeping thyme, moneywort, ntilla verna (*P. tabernaemontanii*), ga, English ivy, *Vinca minor*, rium, several sedums, and blue star per (*Laurentia fluviatilis*). This last, ugh not usually recommended for ver's climate zone, is growing hand- ely. □

***Waterfall** is built up with soil and rock and planted with softening ground covers. Small submersible pump circulates water*



***Several garden areas** are designed into this 50-foot-wide lot. One, alongside house, is woodsy. Another, at rear, is more open, with paving*

r a change

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NORMAN A. PLATE

San Francisco's grand old Conservatory ha a face-lift

Although it has the airy and insubsta look of a giant wedding cake, the Co vatory in San Francisco's Golden Park is a tough old structure. It is years old and as good-looking as thanks in part to the completion of an jor face-lifting.

A visit this month will introduce you t improvements. Although the cost of renovation was $750,000, the overall pearance of the Conservatory has changed much. And therein lay the fi culty of the task: to render the buil sound and secure without changing Victorian frivolity. Foundations were placed under piers; turnbuckles and s were replaced or strengthened; counes wooden members were custom-cut

Unusual view of Conservatory's Dome Room, seen through roof vents, shows intricate glazing, lacy framing, and web of struts

amework and glazing supports.

of the improvements are more tan- A new lighting system that cost)0 will show off the plants to better tage on dull days or late afternoons. system is the gift of the San Fran- Garden Club.)

Vest Wing will continue to hold the onal stunning seasonal flower dis- but in a more natural setting. A par- has been removed between the two in this wing, creating one large space. Flowering plants in hanging vill now be on year-round display.

gle path cleared through the palms : Dome Room will permit a closer at the plants, and branches on the trees will hold orchids that once ied in glass cases. The East Wing has atly augmented collection of cycads. Pool Room, in addition to a giant zonian water lily, will show off some fish from the Amazon by way of the y Steinhart aquarium.

ntry has a new kiosk contributed by arden club. Here plants grown in the e greenhouses will be sold by club bers every Tuesday, Thursday, and day from 11 to 2.

Conservatory is open daily from 10 to) to 5 after Standard Time goes into t on October 31). Admission is free at nt.

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TERI S.

***Energy and resource conservation** demonstrated at Santa Barbara project: drought-tolerant plants, drip irri and wood shavings conserve water and maintenance time; solar greenhouse heats building, speeds plant*

Drip, solar, French intensive . . . Santa Barbara shows how

***Sod and strawberry roof** on north side insulates building, blends into natural and planted terrain. Berries are watered by drip irrigation*

Can you live in harmony with your environment without sacrificing comfort and style? Members and supporters of the Community Environmental Council of Santa Barbara have set out to prove that you can. Their 5½-acre Mesa Project, 5 minutes from downtown Santa Barbara, is a demonstration center and clearinghouse for information on energy and resource conservation.

***Translucent fiberglass columns** of water forming back wall of greenhouse transmit heat and light from south-facing greenhouse to interior rooms*

Here you can observe working models of active and passive solar heating systems, three kinds of drip irrigation, and raised-bed French intensive gardening. The center has drought-tolerant trees, shrubs, and ground covers, new and familiar varieties of dwarf fruit trees, and the Clivus Multrum, a Swedish toilet and disposal system that uses no water and converts household wastes into garden-enriching compost instead of flushing them down the drain.

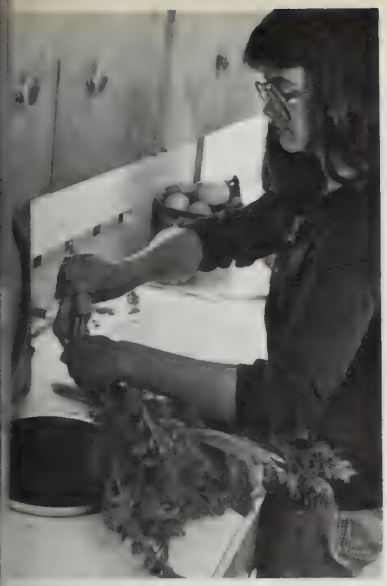
You can also learn what it takes to install and maintain each of these options. Both the building and garden beds were designed in scale with an average residence, so that you can easily apply ideas gathered here to your own home.

The result of more than a decade of effort, the project is supported financially by many foundations, businesses, anc viduals. It began as an offshoot Mirasol, one of the most widely rep community gardens of the '70s. Tl was purchased and detailed pla began in 1974, but the building w started until April 1979.

Today both building and groun handsome and informative; in a few they should be even more so. Add experiments are in progress or on the ing boards. Heat sensors measure t fectiveness of different window glazi heat-storage materials for solar colle The California Department of Wat sources is co-sponsoring tests to dete ways to treat and recycle gray wat the remaining construction is approve composting toilet will become a w rather than a demonstration model.

Classes, tours, booklets

Classes are given on topics rangin plant propagation to composting anc



Clean composting: carrot tops drop down counter chute; cutting board with fitted ring seals hole. sement, below, waste from kitchen nd waterless toilet moves through ies of chambers until decomposed

nical control of garden pests. Most ular is a weekend workshop where you l and learn to install solar panels to water for your own home.

ructors and consultants for the project ude licensed solar contractors, archi-, landscape architects, university in-ctors, nurserymen, and city planners, ell as volunteers.

Mesa Project is open by appointment 5 Monday through Saturday. On days from 11 to 3, there are docent s. You can buy self-guided tour pam-ts for 75 cents, booklets on solar gy or urban agriculture for $2.50 , and booklets on gray-water use for ents.

further information, write to Mesa ject, 924 Anacapa St., Suite B-4, ta Barbara 93101, or telephone (805) -2210. Enclose a stamped, self-ressed business envelope. To order ted materials, send a check for their plus $1 postage. □

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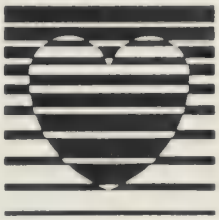

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For news of plant sales this month, see page 250.

NORTHERN CALIFORNIA

Ross. October 1. Opening day of the annual Christmas decoration sale by the Decorations Guild of Marin Art and Garden Center, Sir Francis Drake Blvd. This sale runs through the guild's annual Christmas greens sale in December. Sale hours: 10 to 4 Monday through Friday. Admission is free.

Saratoga. October 1 and 2. Herbal harvest fair and benefit luncheon at Saso Herb Gardens, 14625 Fruitvale Ave. Hours: 10 to 4:30 both days. Admission is free. Luncheon ($6.25) available both days from 11:45 to 1:45; for required reservations, call (408) 243-0499.

Oakland. October 2 and 3. Fall flower fair presented by the member clubs of the Oakland-East Bay Garden Center. Place: Lakeside Park Garden Center, 666 Bellevue Ave. Hours: 10 to 5 both days. Free.

Palo Alto. October 2 and 3. Annual bonsai exhibit by the Akebono Bonsai Club. Place: Palo Alto Buddhist Temple, 2751 Louis Rd. Hours: noon to 9 Saturday; 10 to 5 Sunday. Free. Demonstration of bonsai techniques both days at 2 P.M.

San Jose. October 2 and 3. Second annual show and plant sale presented by the Bromeliad Study Group of Northern California. Place: Westgate Shopping Center, 1600 Saratoga Ave. Hours: 10 to 4 both days. Admission is free. There will be demonstrations on how to pot bromeliads or mount some types. The public is welcome to enter the show; call Art Latham at (415) 537-6176 after 6:30 P.M.

San Francisco. More of the Tuesday morning talk and tour series by the Strybing Arboretum Society. Place: Hall of Flowers, Golden Gate Park, Ninth Ave. and Lincoln Way. Hours: registration and book and plant sale, 9:30 A.M.; lecture, 10 to noon. Fee: $3 members; $4.50 nonmembers. *October 5 and 19:* plant exploring in Mexico. *October 26:* bonsai—small trees for all seasons.

Berkeley. October lectures in the continuing series for home gardeners sponsored by the East Bay Regional Park District on four Wednesdays and Saturdays. *October 6 and 9:* natives for the sunny garden. *October 13 and 16:* natives for the shady garden. *October 20 and 23:* native ground covers. *October 27 and 30:* landscaping with natives. Place: Regional Parks Botanic Garden Visitor's Center, Tilden Regional Park. Hours: 10:30 to noon. Admission: free.

Sacramento. October 9 and 10. Show presented by the Sacramento Orchid Forum. Place: Iva Gard Shepard Garden and Arts Center, 3330 McKinley Blvd. Hours: 2 to 5 Saturday; 10 to 5 Sunday. Free.

Oakland. October 10. Suiyo show—flower arranging in the Ikebana Ohara school. Place: Lakeside Park Garden Center, 666 Bellevue Ave. Hours: 9 to 5. Free.

Palo Alto. October 13. Bus tour to Manning's Heather Farm in Sebastopol and Western Hills Nursery in Occidental, sponsored by the Associates of Saratoga Horticultural Foundation. Departure from Stanford Shopping Center, Quarry Road entrance, at 9:15 A.M. Pickup at Sheraton Inn-San Francisco Airport at 9:30. Bring a sack lunch and a thermos of hot beverage. For required reservations, send a check for $20 per person (payable to the associates) and a self-addressed, stamped envelope to Mrs. David Porter, 200 Goya Rd., Portola Valley, Calif. 94025. Reservations are limited.

Hayward. October 16 and 17. Eleventh annual bonsai show by the Yamato Bonsai Club. Place: Centennial Hall, Room 4, City Center, Foothill Blvd. at Hazel Ave. Hours: 10 to 6 Saturday; 10 to 5 Sunday. Free. Demonstrations of bonsai techniques both days at 2 P.M.

Sacramento. October 16 and 17. Annual show of African violets by African Violet Hobbyists. Place: Iva Gard Shepard Garden and Arts Center (for address and admission, see October 9 listing). Hours: 2 to 5 Saturday; 10 to 5 Sunday.

Saratoga. October 16 and 27. Holiday wreath workshops at Saso Herb Garden, 14625 Fruitvale Ave. Hours: 10 to 2 both days. Bring a bag lunch and cup. Fee: $30 (includes supplies). Preregistration required; call (408) 867-0307.

Stockton. October 17. Show of rebloom-ing iris hosted by the Central Valley Iris Society. Place: Holiday Inn, 221 N. Center St. Hours: 10:30 to 4:30. Free.

Walnut Creek. October 17. Gardener's Get-Together at Howe Homestead Park, 2950 Walnut Blvd. Tours of the park and community garden, exhibits, plant and herb sale from 2 to 5. Admission: $1. Rosalind Creasy will speak on edible landscaping at 3:30. Potluck meal follows at 6:30. For information, telephone (
932-7975.

San Mateo. October 23. Fall Fes
plant sale and boutique presented by
San Mateo Garden Center. Place: ga
center, 605 Parkside Way. Hours: 10
Admission is free. For informatio
October 22 preview party and sale,
luncheon reservations for October
call the garden center at (415) 574-
or Mrs. Arthur Renault at 343-4477.

Ross. October 23 and 24. Annual
Flower Festival sponsored by the Ga
Society of Marin. Place: Marin Art
Garden Center, Sir Francis Drake
Hours: noon to 6 Saturday; 10 to 4
day. Donation: 75 cents. For more
formation, telephone (415) 388-0897

Sacramento. October 23 and 24. Fl
arrangement show by Ikebana Inte
tional. Place: Iva Gard Shepard Ga
and Arts Center (for address and ad
sion, see October 9 listing). Hours: 2
Saturday; 10 to 5 Sunday.

San Rafael. October 23 and 24. An
show of horticultural and artistic arra
ments by the Chrysanthemum Socie
Marin. Place: Crocker National B
Fourth and B streets. Hours: 1 to 5 Sa
day; 10 to 5 Sunday. Free.

Graton. October 26 and 27. Annual
flower show by the Graton Commu
Club. Place: clubhouse, Main and N.
son streets. Hours: 9 to 7 Tuesday; 9
Wednesday. Free. Some plants wil
sold, and luncheon is available.

Walnut Creek. October 30 and 31. An
show presented by the Northern Cal
nia Chrysanthemum Society. Place:
nut Creek Community Center, Civic
and N. Broadway. Hours: 1 to 5 Satur
10 to 4 Sunday. Free.

COLORADO

Denver. October 8, 9, and 10. Show by
Denver Orchid Society. Place: John
Mitchell Hall, Denver Botanic Garc
1005 York St. Hours: 10 to 4 all t
days. Admission to the garden: $2; ag
to 16, 50 cents; senior citizens, $1.

Colorado Springs. October 16. Den
stration on drying flowers and maki
holiday arrangement presented by
Horticultural Art Society. Place: Ca
Federal Savings, 1910 N. Academy
Hours: 9:30 to noon. Free.

Westminster. October 16. Show and p
sale presented by Chapter 1 of Societ
Denver. Place: Westminster Mall,
and Sheridan streets. Hours: 10 to
Admission is free.

UTAH

Salt Lake City. October 16 and 17.
nual show presented by the Beehive S
Chrysanthemum Society. Place: Utah
sociated Garden Clubs Activity Ce
Sugar House Park, 1602 E. 2100 S
St. Hours: 1 to 6 Saturday; noon to 6 S
day. Free.

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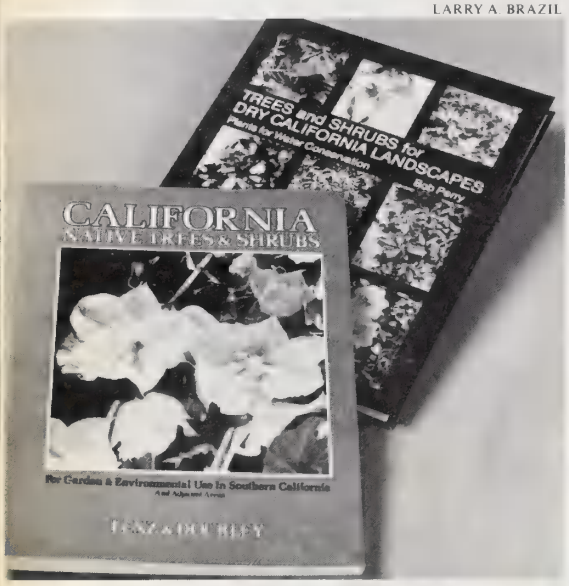
Advice for the water-wary gardener

LARRY A. BRAZIL



***Look for these covers;** each book details drought-tolerant landscape plant choices*

Here are two volumes that are both bold and welcome attempts to produce useful books for a limited geographic region. Both have informed texts and lavish color photography. Both address the same problem: how are California gardeners to be weaned from excessive use of water?

Trees and Shrubs for Dry California Landscapes, by Bob Perry (1981), invites a close inspection because of its color photographs, its plant-use charts, and its detailed, remarkably practical hints on the uses of particular dry landscape plants.

Perry is a landscape architect and teacher at Cal Poly State University, Pomona; his book represents an effort to make his students (and the general public) aware of the possibilities for combining good design with thrifty use of irrigation water. The book is practical, with chapters on climate, native plants, planting from seed (including hydroseeding), slope control, and planting for fire safety.

California Native Trees and Shrub Lee W. Lenz and John Dourley (1 springs from Rancho Santa Ana Bo Garden's half-century of experience native plants. The book thoroughl plores the uses of native plants, sugge many that are not now grown in the ery trade but that have performed w Rancho Santa Ana. One chapter with plants that have survived wit care at all for at least 26 years.

If you can't find these books locally, by mail. *California Native Trees Shrubs* ($29.50 hardbound, $23. flexible binding, plus $1.50 per copy ing) is available from Rancho Santa Botanic Garden, Claremont, Calif. 9 *Trees and Shrubs for Dry Calif Landscapes* ($28.50 hardbound, $1.50 for shipping) is available from Design Publishing, Box 857, San D Calif. 91773. California residents percent sales tax.

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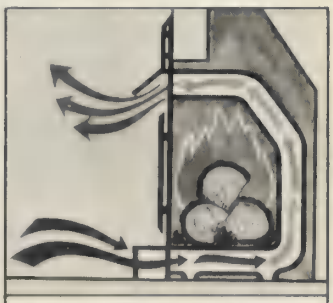

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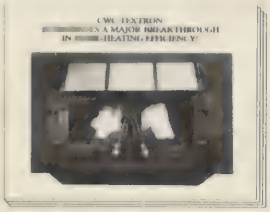

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Plant sales in northern Califor

When air temperatures begin to dr ardent gardener's planting fever be rise. Plant societies, aware of thi often plan their sales in October. A sales you are likely to find the horti ally desirable but commercially un able plants that brighten the coll life. Here are seven such sales to northern California.

Santa Rosa. October 2. The Milo Chapter of the California Native Society will hold its sale at the Sant Veterans' Memorial Building (from the fairgrounds on State Hi 12) from 9:30 to 1. Admission is fre

St. Helena. October 3. The Napa C of the California Native Plant Socie hold its sale at Vintage Hall, 473 St., from 10 to 3. Look for Californ tive plants, bulbs, and seeds, as plant books and posters. Admission

Oakland. October 9. The Bay Area ter of the California Native Plant S will hold its annual plant sale at N College from 10 to 2. Take Re Road from the Warren Freeway Highway 13) to Campus Drive, th low the signs. In addition to a broad the more familiar native plants, this sale will feature native perennial and roses. Native bunchgrass plan wildflower seed—in packets or bulk be available for those wishing to es a meadow. Admission is free.

Santa Cruz. October 9. The Associ the Santa Cruz Arboretum will hol sale in the parking lot of the Barn T at the main campus entrance from Members may purchase from 9 to can become a member on sale day are $7.50). Rare Australian and African plants are a specialty. Th the staff expects to have a few prot leucospermum plants for sale. Pla also sold at the Arboretum Gate b 2 and 4 on Wednesdays, Saturday Sundays; the gate is on Empire G the southwest edge of campus.

Walnut Creek. October 9 and 1 Heather Farm Garden Center will annual fall sale between 10 and 4:3 lathhouse in Heather Farm Park. San Carlos Dr. Free.

San Francisco. October 16. The San cisco African Violet Society will plant sale at the Hall of Flowers, Ave. and Lincoln Way, from 11 to mission is free.

Santa Rosa. October 23. The Sant Men's Garden Club will hold a pla at Coddingtown Mall from 9 to 6. sion is free.

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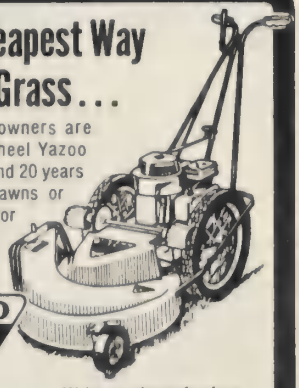

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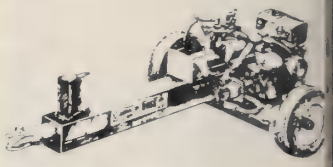

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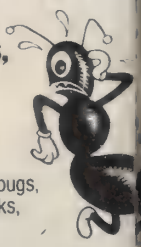

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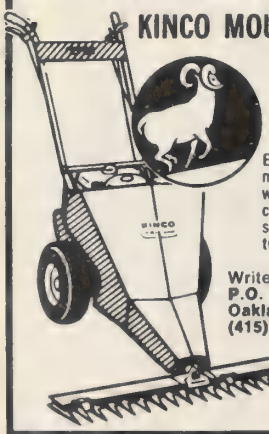

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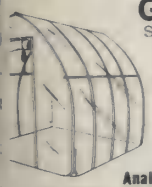

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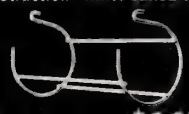

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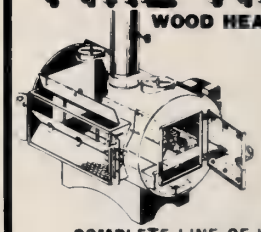

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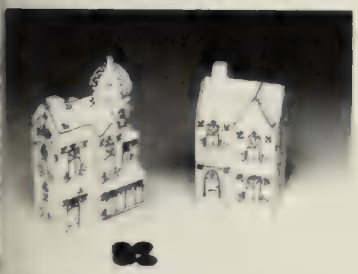

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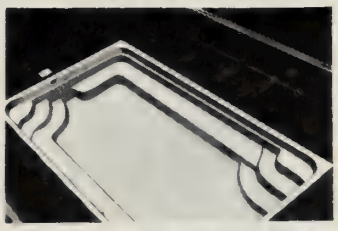

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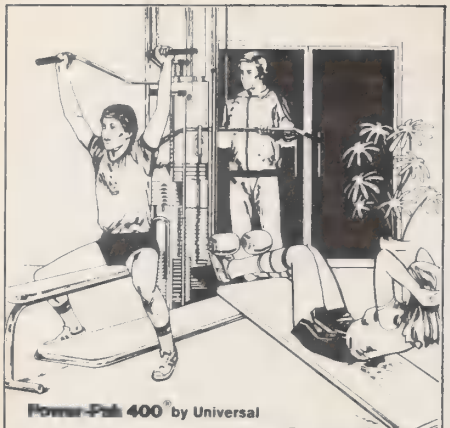

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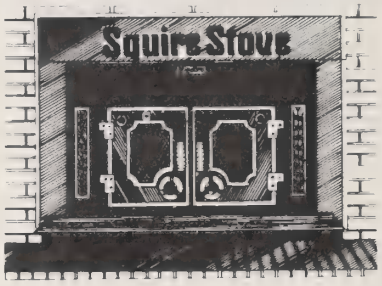

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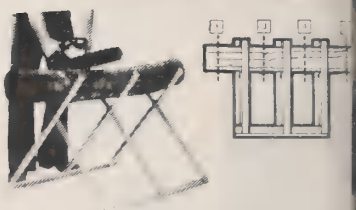

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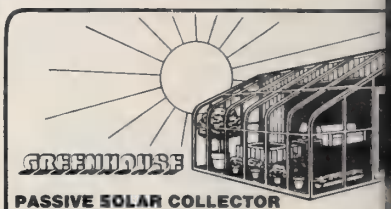

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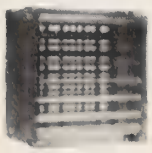

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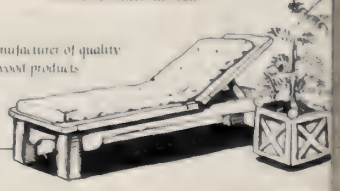

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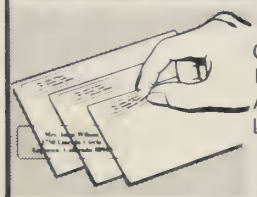

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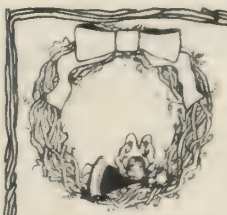

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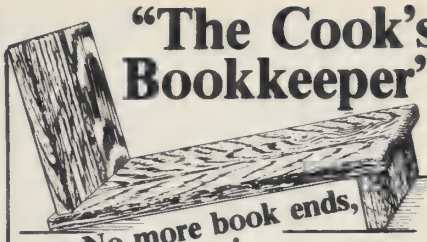

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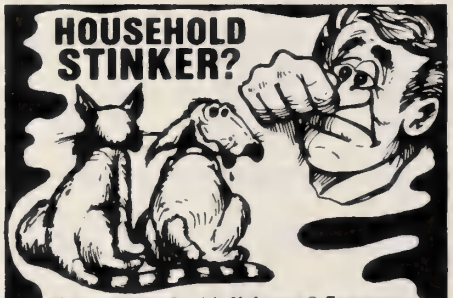

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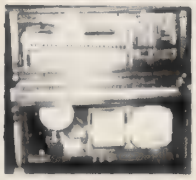

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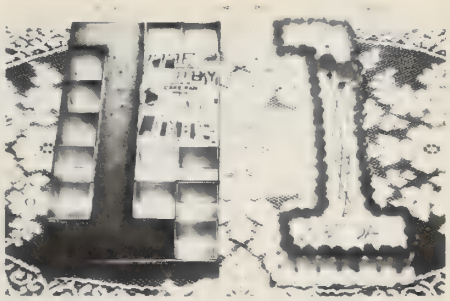

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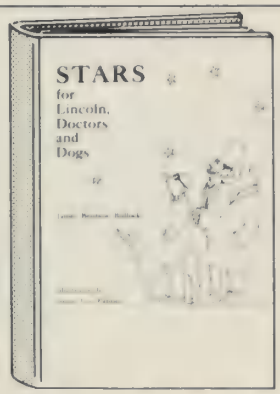

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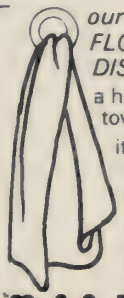

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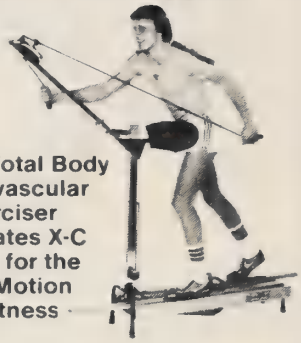

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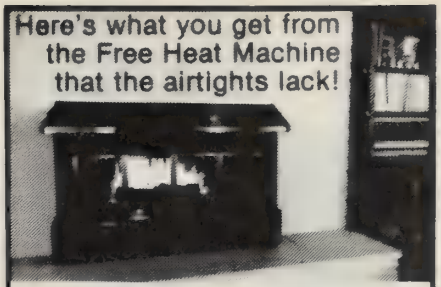

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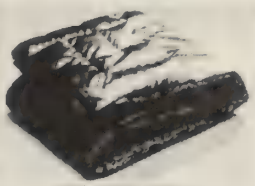

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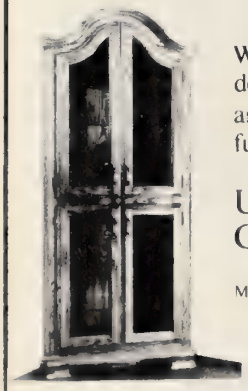

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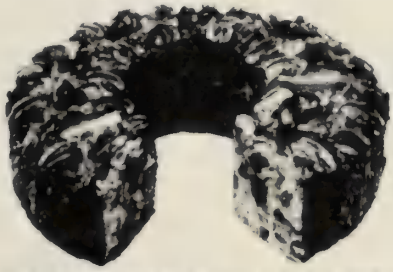

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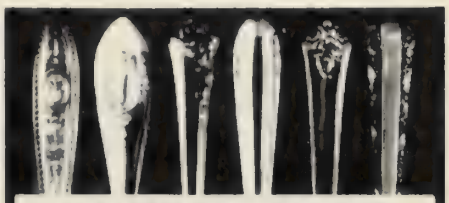

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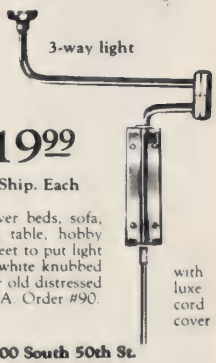

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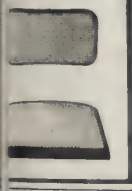

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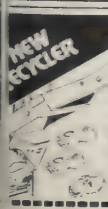

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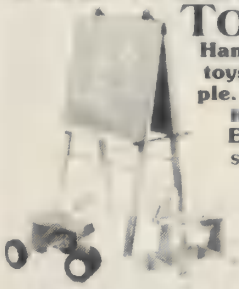

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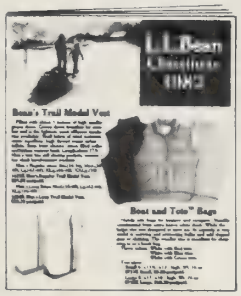

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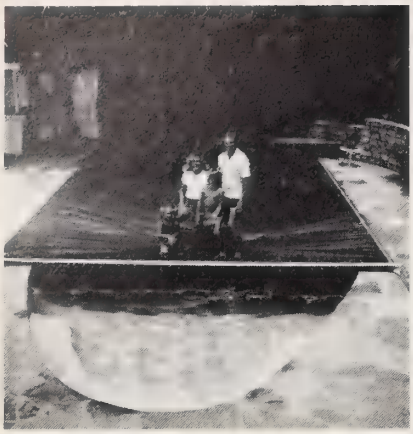

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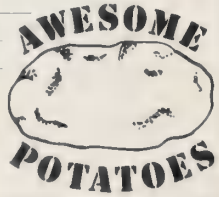

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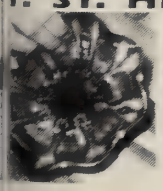

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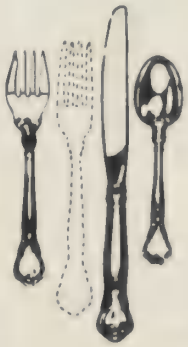

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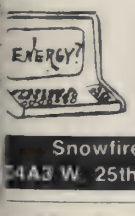

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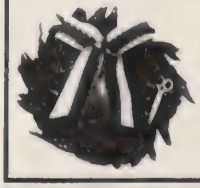

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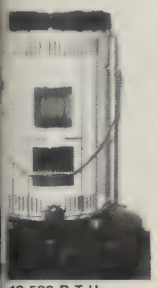

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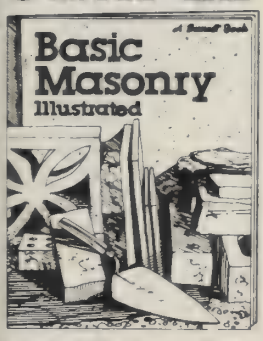

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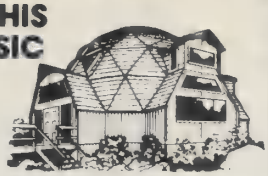

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Groundwater: well running dr

In arid regions of the West, drawn-down reservoirs and dry creek ready reminders of our dependence on surface water for agricu industry, and our homes and gardens. But there are no such remind the equally critical supply hidden beneath the earth—groundwater.

This is water stored in underground aquifers: porous formations of sa gravel that act as huge sponges. As the West outgrows surface wate plies, we are siphoning off more and more of this precious resc Groundwater use is the focus of recent legislation in Arizona and element of Proposition 13 in California's November election.

In Arizona, groundwater now accounts for 60 percent of the total supply. California leads all states in groundwater pumping, withdrawi estimated 19 billion gallons every day, about 40 percent of its needs.

Such heavy pumping can lead to groundwater overdraft—withdrawin far greater quantities than nature can replenish. Consequences are se even frightening. In Tucson, 350 city wells have lowered the water 110 feet in the past decade. In the San Joaquin Valley, which anr overdrafts 1.5 million acre-feet (one acre-foot equals 326,000 gallons ground itself in some locales has subsided as much as 29 feet.

What can we do to raise groundwater levels? One method is artifici charging of aquifers: by direct injection of surface water or, more monly, by percolation—spread water on the ground and let it filter dc

Another is simply using less water. Tucsonians, for example, have cut per-person residential consumption by 25 percent in the past five year

The most extensive long-term solution attempted so far is the Ar Groundwater Management Act of 1980. This 45-year plan seeks a ba between withdrawal and recharge in designated areas through impor of supplemental water, conservation and management, and by prohi new agricultural development and limiting residential growth in areas out assured water supplies.

Groundwater concern is a key provision of a much more complex an reaching piece of legislation that Californians will vote on this Nove Proposition 13. Called the Water Resources Conservation and Effic Act, this initiative proposes a fundamental shift in state ground and su water policy: away from new water resource development toward bett of existing resources. For groundwater, the initiative identifies 11 c overdraft areas in the state and requires locally developed manag programs for them that could include conservation, recharging of aqu or reductions in pumping.

Other major elements would affect surface water: restructuring schedules, protecting instream flows for fish and recreation, restr filling of New Melones reservoir, and requiring water agencies to forn servation programs as alternatives to new water importation schemes

It is controversial legislation, and whether or not voters approve it, Pr tion 13 does address important issues that all Westerners will increa have to face. Recorded history and tree-ring analysis indicate droughts are inevitable, and could be much longer and more severe th 1976-77 drought.

Another wet winter will help replenish the West's supplies of surface But there is no quick, easy fix for our groundwater–only careful long- management. Groundwater may be out of sight, but we cannot aff keep it out of mind.

WINDOW ON THE WEST: *Putting water back*

Groundwater management isn't a new idea. At least two California counties have been at it since the early 1930s, using percolation ponds to allow surface water (some imported from other areas) to filter down and replenish underground supplies. In Orange County (lower photo), the main channel of the Santa Ana River has been divided into small, gravel-diked "L" ponds and larger overflow weirs; both aid in winter flood control. In Santa Clara County (upper), windsurfers, anglers, and picnickers use several percolation ponds for recreation.

Photo Pesin

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Coming out this fall is an illustrated paperback book containing the wit & wisdom of Waterford collectors. It's a fascinating mélange of poems, personal tales, and drawings–overflowing with ideas on how to give and get Waterford.

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our nearby Waterford Gallery. Or send check for $3.50 plus $1.50 for postage & handling to Waterford Paperback, P.O. Box No. 2328, New York, NY 10163. (Book will be sent as soon as available.)

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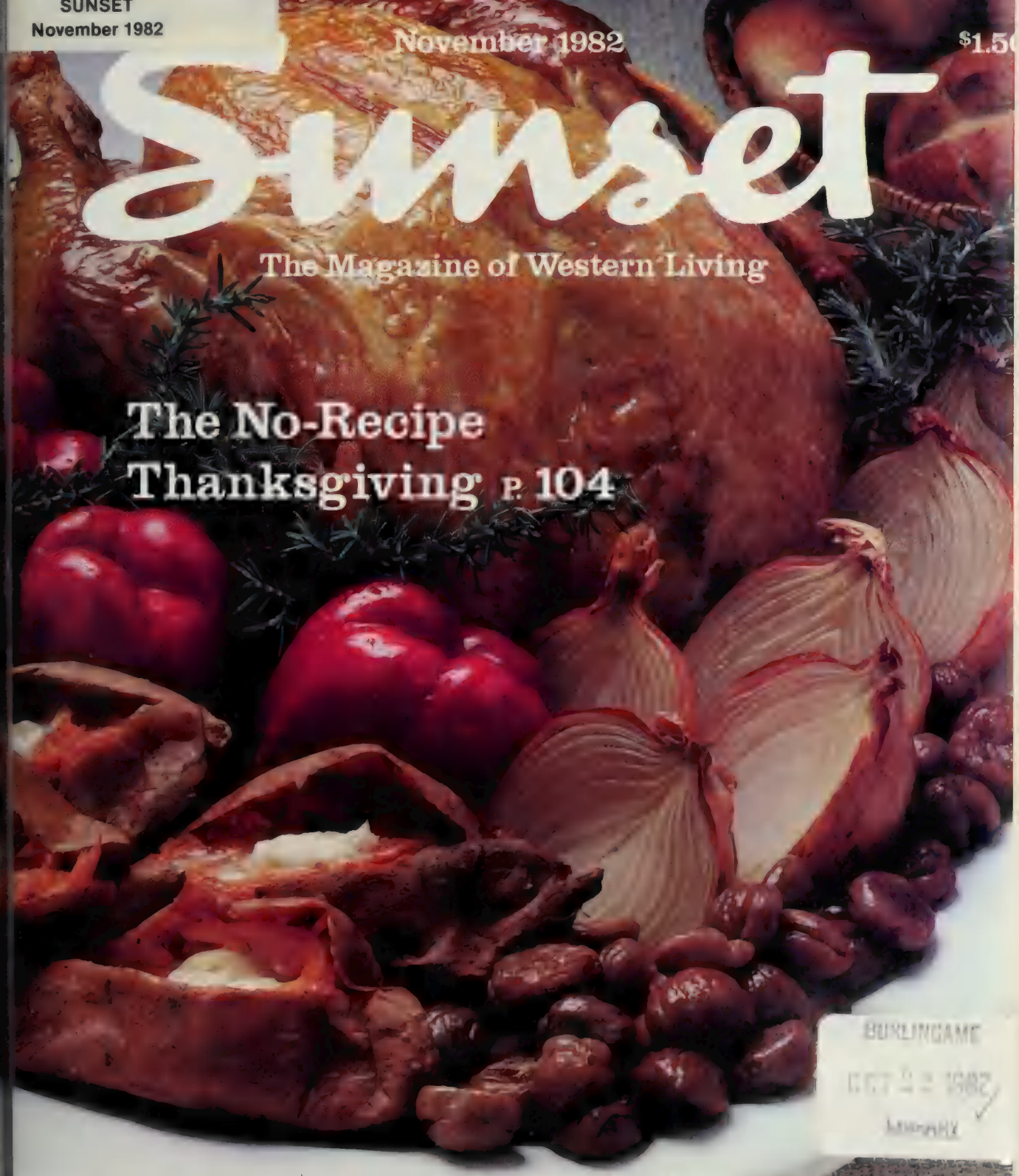

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In the spirit of the season, we offer savings with the valuable coupons inside this page. Enjoy the Holidays!

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The Cover Story

This handsome Thanksgiving feast looks as if it had spilled from a harvest basket. In fact, the turkey, vegetables, and trimmings baked together in the oven, so we've dubbed it the "no-recipe Thanksgiving." Only the cook knows how little effort is involved. See page 104 for details. Cover photograph taken by Darrow M. Watt

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RY A. BRAZIL

ctorian-era Mills Hall faces campus oval, where 70s students were directed to take eight turns daily

ll stroll at historic Mills College

1850, females were a rarity in Califor-a (only 8 percent of the population), and rls who required a formal education ere packed off to Eastern schools. But in 52, bustling Benecia saw the opening of e Young Ladies Seminary—the West's st women's college.

soon grew, moved to the Oakland hills 1871), and became Mills College, mpus which has evolved in a range of chitectural styles—Victorian to mission vival to contemporary. Notable are four lia Morgan buildings, the greatest con-ntration of her works outside the Asilo-ar complex.

fall, the Mills campus is alive with tivity, including a big quilt show, and tumn color highlights some of its 263 ecies of trees. You can pick up a free ide to the 127-acre campus and tour its tstanding architecture in a brief stroll.

begin, park off Wetmore Road at the al fronting Mills Hall. This stately, ansard-roofed 1871 hall, by S. C. Bug-e and Son, once housed the college's tire student and teacher population. cross the oval is Julia Morgan's 1906 ll tower. Built of reinforced concrete, en a new material, it was her first im-ortant commission and helped establish r reputation (in part, because it sur-ved the 1906 earthquake).

n the oval's south side is the library she so built in 1906, a structure architectur-l historian Sara Holmes Boutelle has lled a "jewel box combining Beaux Arts rmality with elements of the Mission yle." You can visit its high-ceilinged are-book room weekdays 10 to 5.

Valk up Wetmore Road and turn left on ichards Road to the Rothwell Center, esigned by Morgan in 1916 and now a

***Imposing entry** to Music Building is crowded with bas-relief scrollwork and niched figures whose particular significance is no longer known*

NORMAN A. PLATE

***Called the set piece** for the campus center, Julia Morgan's bell tower (above) was an early mission revival work; 1906 library (left), another Morgan, houses rare books*

Lessons from the master's own garden

NORMAN A. PLATE

***Sculpted Japanese boxwoods** highlight San Francisco garden of Mrs. Betsy Church*

What sort of small garden would one of America's foremost landscape architects create for himself? *Sunset* outdoor living editor Roy Krell found out on a visit with Mrs. Betsy Church, widow of landscape architect Thomas D. Church. Five decades ago, he planted Japanese boxwoods, then—over the years—trained and pruned them into the topiary shapes shown at left. As the trees matured, the garden's character also evolved: away from stiff formality to a welcoming informality.

The Church garden is one of many explored by Krell for this month's report on "Gardening in tight quarters . . . lessons from San Francisco." The lessons begin on page 92.

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hub of student activity. Farther up Richards Road is the Music Building, a 1928 Walter Ratcliff structure; note the entryway friezes and colorful frescoes inside.

Continue on Richards Road to Ming Quong Road and Alderwood Hall, a 1924 Morgan design built as a home for Chinese orphans (you'll see Chinese symbols of hospitality on the gate).

If you have time, stop in at the art gallery on Kapiolani Road; the current show (October 9 through November 28) is on quilt making. Gallery hours are 10 to 4 Tuesday through Sunday; admission is $2, $ for seniors.

You can pick up a free campus map at the campus entry booth; a tree-guide ($3.30) is on sale at the bookstore, open weekdays 9 to 4:45.

To get to Mills College in Oakland, take Interstate 580 (MacArthur Freeway), t the MacArthur Boulevard exit and head south to Richards Road and the college entrance. Turn right at the end of Richards onto Wetmore.

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Now you can get a complete guide to 1 ski areas in Utah by calling a toll-free number. The 32-page color brochure includes a thorough profile of each area (altitude, snowfall, vertical drop, lift prices, ski school) plus a ski-run map and transportation details. Call (800) 824-8824.

Pre-Columbian art in Fresno

Figurative clay sculptures were a hallmark of pre-Columbian Mexicó, and this month the Fresno Arts Center offers the area's first major exhibition of this appealing art. Some 225 pieces dating from 500 B.C. to A.D. 1500 (all buried as offerings to the gods) go on display November 9 to December 29.

You'll see the round-bodied dog (a food symbol), the lean jaguar (bringer of rain) and human figures variously posed.

The Arts Center is at First and Clinton streets; hours are 9 to 6 Tuesday through Friday, noon to 4:30 weekends. Admission is $1.

At Mount Diablo State Park . . . two new trails

Cool heights and smashing views are reasons enough for an autumn visit to Mount Diablo State Park, about 30 miles east of Oakland. Now two new trails lead to more high vistas.

Just below Diablo's 3,849-foot summit is the level 1-mile loop Fire Interpretive Trail (paved halfway for wheelchairs). The trail traverses part of the 6,000-acre burn which scorched the area in 1977. It illustrates how quickly a burn scar can heal, with manzanita and scrub oak already thriving again. Clear-day views are unobstructed: you may see as far as the

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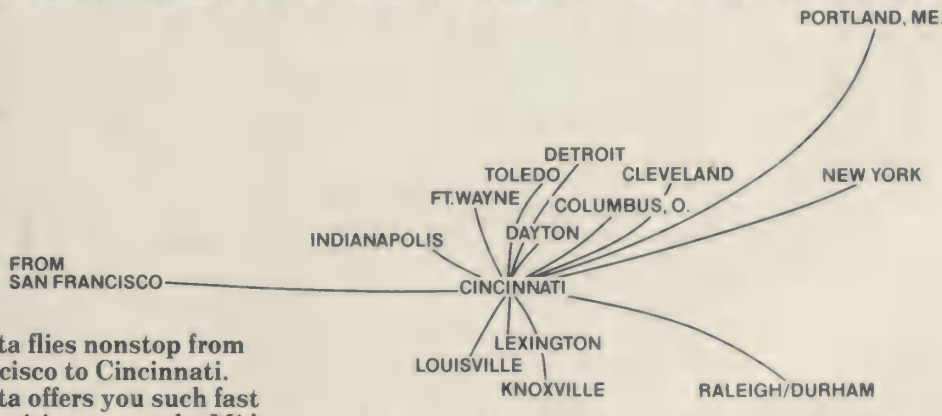

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Charred brush (above) lines Mount Diablo's Fire Trail; midpoint is Ransom Point (below)

Sierra Nevada. Park at the lot just below the summit, a 5-mile drive from the North Gate entry.

Just south of the North Gate entry is the start of the 4-mile (one-way) Pine Canyon Trail, open to hikers and horsemen. It dips down into grassy cattle range and opens to views of San Francisco.

Bring water for either hike. Park hour are 8 to dusk daily; fee is $2 per car (a increase is possible). There are 60 camp sites ($5 per night); no reservations. T reach the park's North Gate from Inte state 680, take the Ygnacio Valley Roa exit and follow signs to North Gate Roa which winds 8 miles to the entry.

For travel planners, a November 1982 check list

Family stays in Britain. Enrich your travels in England and Scotland by living with a family for a day or a week in a private cottage, home, or manor. You'll get acquainted with your hosts as you join them for meals and as you tour their native cities. Room prices start at $23 per day per person. Also available are stays with London families (from $45) and London apartment rentals (from $54). For home stay details and help in planning a custom trip to Britain, write to In the English Manner, 185 Camino Pablo, Orinda, Calif. 94563.

Cruise the Caribbean. From December 16 through March 6, you can join 12-day air-sea Panama Canal cruises between Acapulco and Miami or San Juan, and 10-day air-sea Caribbean cruises from San Juan, aboard the *Golden Odyssey* and *Royal Odyssey*. While at sea, representatives from one of 13 of California's best known wineries—including Paul Masson, Wente Brothers, Mirassou, and Heitz—will conduct three different wine seminars and tastings. Air and cruise fares from Los Angeles start at $2,198 (12 days) and $1,898 (10 days). See your travel agent or Royal Cruise Lines, One Maritime Plaza, San Francisco 94111.

Desert courses. November through February, you can join 7- and 14-day courses in Big Bend National Park in southwest Texas. You'll learn desert backpacking, rock climbing, and canyoneering (technical canyon descents) as you explore this desert park's beautiful remote canyon and mesa country. Cost is $375 to $600. For details on this, other desert outings, spring raft trips, and day trips out of Santa Fe, write to Southwest Wilderness Center, Box 2840, Santa Fe 87501.

Christmas tours. Christmas is a family affair for some; others prefer to get away for the holidays. Now you can join 5- to 14-day tours, complete with Christmas parties, dinners, and festivities. Five-day outings by coach from Los Angeles visit either Carmel or Scottsdale and are priced from $369 per person. A seven-day tour to Vancouver and the Old English Yule Celebration at the Empress Hotel in Victoria costs $1,049. Other holiday celebrations are in Albuquerque, Hawaii, and Mexico. For details, write to Hillsen's Tours, Inc., 211 E. State St., Redlands, Calif. 92373.

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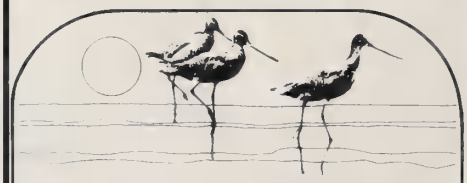

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To reach all these galleries from the L.A. County Museum complex, go east on Wilshire and turn left on La Brea. From the Farmers Market, go east on Third to La Brea and turn left. □

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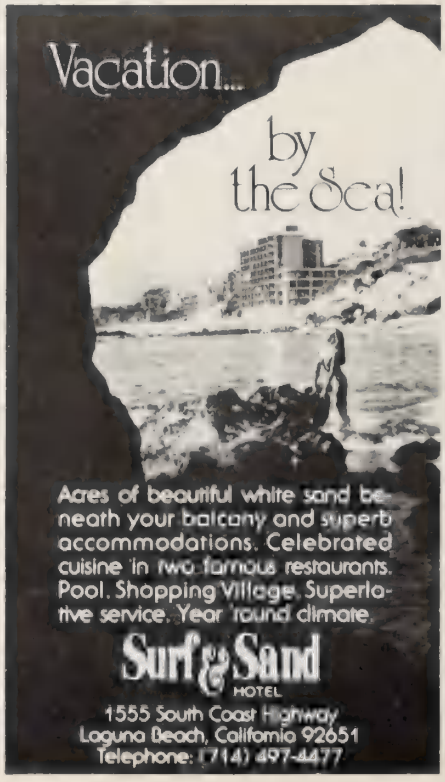

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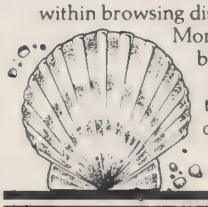

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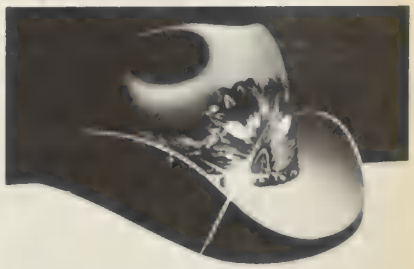

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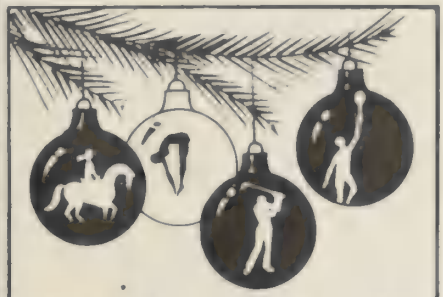

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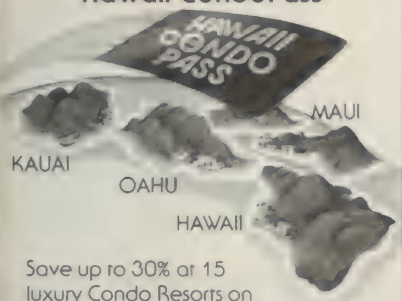

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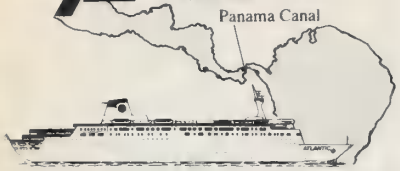

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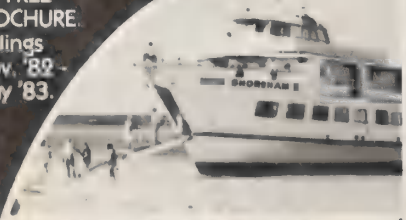

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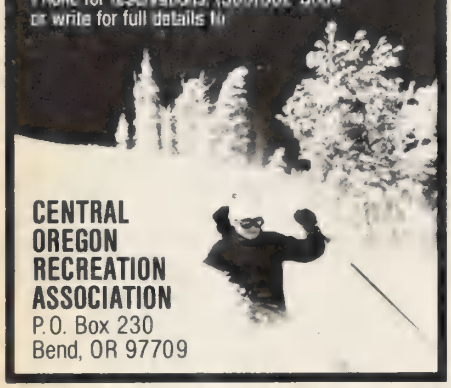

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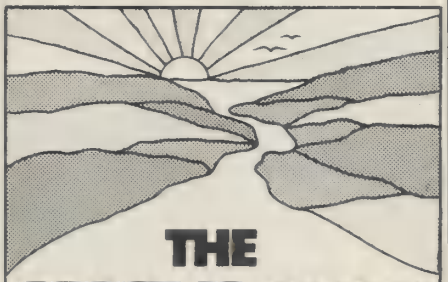

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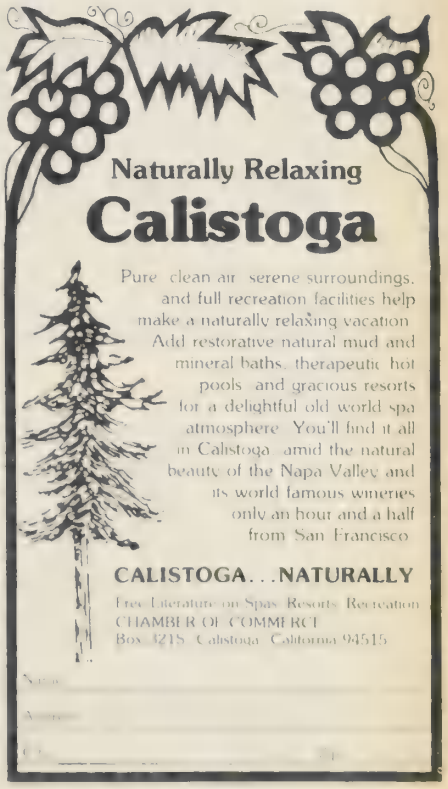

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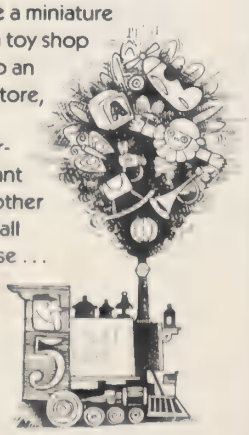

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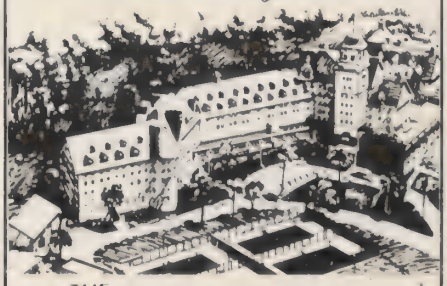

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LARRY A. BRAZIL

Typecase and composing stick (in her left hand) are used in hand-setting type at Feathered Serpent Press. Below, Palmer & Rey letterpress, dating from mid-1800s, is on display at printing museum in San Rafael

The vanishing arts of typesetting and printing in Marin

In an age of electronic typesetting and offset printing, the old-fashioned methods of hand-setting type and letterpress printing are almost lost arts. Thanks to an enclave of dedicated artisans in Marin County, just north of San Francisco, you can watch these traditional techniques demonstrated at a fair this month, view a collection of antique presses at a small museum, and visit a commercial press.

Printers' Fair on November 7

Paper marbling, calligraphy, and letterpress printing demonstrations are a few of the events scheduled for the 10th annual Printers' Fair, sponsored by the Small Press Club of Marin. From noon to 5 on Sunday, November 7, you can meet and talk with printers and artists, and buy books, note cards, posters, and other examples of fine printing. The free fair will be held at the Park School, 360 E. Blithedale Avenue, Mill Valley. From U.S. Highway 101, take the Blithedale Avenue exit and continue about 2 miles to the school.

(Some members of the Small Press Club of Marin offer classes in paper marbling, bookbinding, plant printing, and related crafts, by appointment. For information,

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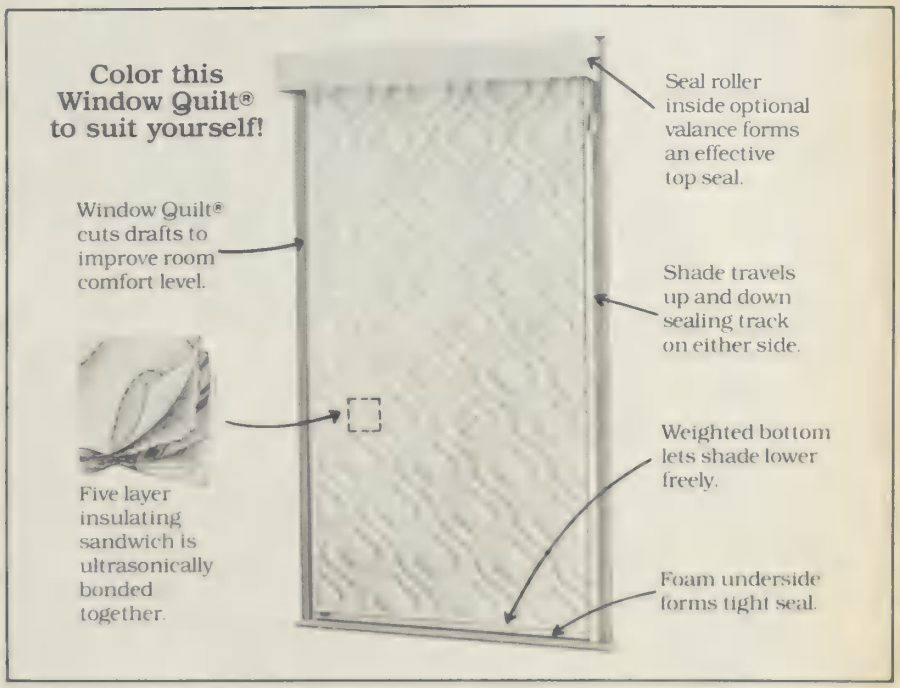
Left windows equipped with Window Quilt® shades resist heat loss while heat escapes through non-insulated windows on right.



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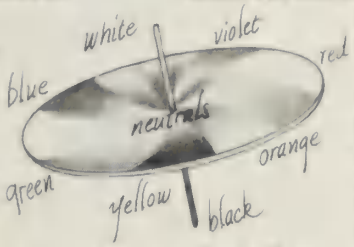

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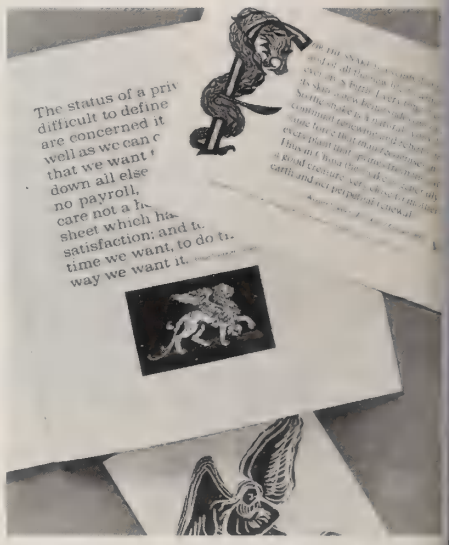
***Paper marbling** demonstrations will be part of Printers' Fair, November 7*



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Antique presses in San Rafael

One of the largest privately owned collections of working antique letterpresses can be found in a small museum in San Rafael. The Mt. Tam Press has more than 20 presses, mostly from the 1800s. Many have been rescued from old buildings, basements, and warehouses in the Bay Area and restored to working condition by proprietor Jeff Craemer. In this hands-on place, the fun comes in pushing, pulling, and cranking the fine old machines.

The museum is open by appointment only. For directions, write or call Mt. Tam Press, 35 Mill St., San Rafael, Calif. 94901; 454-9763.

Printshop open on Wednesday nights

"We want to help keep the art alive," explains Don Greame Kelley of the Feathered Serpent Press in San Rafael. He and associate Susan Acker run a letterpress shop which they open to the public on Wednesday evenings. Visitors are welcome to stop by from 7 to 10 while printers instruct in typesetting, binding, and other techniques.

Located in a former school that now also houses other artisans, the Feathered Serpent Press is at 1565 Vendola Drive, San Rafael. For more details, call 499-8751.

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Celestial scenes glow in backlit photographs in ceiling; beneath, display on curved wall spans geologic history of the Sonoran Desert

DON NORMARK

Young prospector found small chunk of mineral salted on mine dump outside new Earth Sciences Center

Under the stars and under the earth's crust at Tucson's new Earth Sciences Center

For 30 years, Tucson's Arizona-Sonora Desert Museum has won world acclaim for its finesse at calling attention to the surrounding Sonoran Desert and its astonishing array of plant and animal life.

No less rich and varied are this desert's geology and minerals, now handsomely exhibited in the museum's new $1.5 million Earth Sciences Center.

To reach the newest trio of galleries, visitors enter the earth's crust and wander through manmade caves so realistic that bats have been known to hide among the formations. Rumbling volcanic sounds beckon you to the circular main gallery for a dramatic journey through the Sonoran Desert's geologic history.

Under a ceiling of back-lit transparencies of our universe is a translucent hemisphere where you see illusions of the earth's formation: from amorphous gases and the development of a crust to the forming of continental plates, seen to shift and collide until they form shapes we recognize today.

Following the time line

Along a curved wall, a geologic and life time line begins with a three-dimensional look at the Milky Way (meticulously painted on nine sheets of plexiglass and lit by ultraviolet light; push a button and our sun lights up—a tiny speck on the outer edge of this glowing galaxy of stars). Photographs suggest how the Sonoran Desert looked in ages past.

As you follow the line, you can see and touch 70 rocks, minerals, fossils, and artifacts—clues to earth's past—including meteorites, fossil fishes, a mastodon's tusk, and the skull of a saber-toothed cat.

At the end of the time line, there's a seismograph: its seismograms of earthquakes (about one a day throughout the world) are graphic proof of ongoing earth-shaping processes.

Seeing and searching for minerals

A dramatic movie leads to the mineral exhibit—one of the most beautiful displays of its kind in the country.

Among mineral collectors, the Sonoran Desert is known for its concentration of minerals—some 700 kinds, many noted for their unusual beauty. Specimens of bright blue azurite, green malachite, and turquoise (all found in copper mines) are highly prized by rockhounds, while professional mineral collectors covet Arizona wulfenite for its dense crystal layers found in a dazzling array of yellows, reds, and oranges.

Stunning specimens of these minerals and many others, including a 38-ounce gold nugget, sparkle under spotlights in a darkened room. A geologist stands by full time to answer any questions you might have.

Finally, you become an early 20th-century Arizona miner, creeping through dimly lit tunnels to stunning vugs (pockets) of malachite, selenite, vanadinite, and wulfenite—just as miners might have found them 80 years ago. Outside, poke around the mine dump and you're sure to find a few mineral treasures (salted there daily) to take home.

Located 14 miles west of Tucson on Speedway Boulevard, the museum is open daily 8:30 to sunset. Guided tours run each morning: for times, call the recorded message at (602) 883-2702 or the museum at (602) 883-1380. Admission is $5 for adults, $2.25 for ages 13 to 17, 75 cents for ages 6 to 12. (Ask also about the museum's Harvest Bazaar, November 20 and 21.) □

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Chevy S-10. Last year, it was the new-size truck that redefined the pickup—and became the hottest-selling new truck in Chevy history. And now for 1983, the great American success story just got greater with the exciting new-size S-10 Blazer, S-10 Maxi-Cab and the revolutionary new Insta-Trac 4X4 System.

CHEVY S-10 BLAZER 4X4.
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Massive 15-inch wheels are standard. Ground clearance with optional off-road tires is 9.1 inches in front and 7.9 inches in the rear. That's more than Ford's standard-equipped big-size Bronco. With optional rear seat folded down, it also has more load length than any full-size sport utility vehicle. A two-wheel-drive Chevy S-10 Blazer is also available.

CHEVY S-10 MAXI-CAB.
First ever in a new-size pickup.*
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CHEVY S-10 PICKUP.
Hottest-selling new-size truck in America. S-10 offers optional V6 power Ford Ranger and the impor pickups don't. With heavy-duty payload option and V6, S-10

TOUGH CHEVY TRUCKS AR

DVANCED
IZE TRUCKS EVER*

as a payload rating of 1625 lbs., ncluding people and cargo. That's igger than some full-size pickups. And now for '83, an S-10 with V6 ower and optional heavy-duty railering package can haul up to 5000 lbs., including trailer and argo...more than twice as much s the import pickups.

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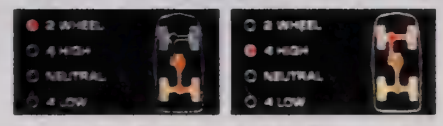
Available in all '83 Chevy S-10 models. Get freewheeling fuel efficiency in 2-wheel drive or ground-grabbing traction in 4-wheel drive without leaving the driver's seat. For the first time, you can shift from free-



Lighted action-display console shows the gear you're in.

wheeling 2-wheel drive to 4-wheel-drive high and back while driving at any speed. There are no hubs to lock. The all-new patented central disconnect handles the locking and unlocking on the front axle where it's protected from the elements.

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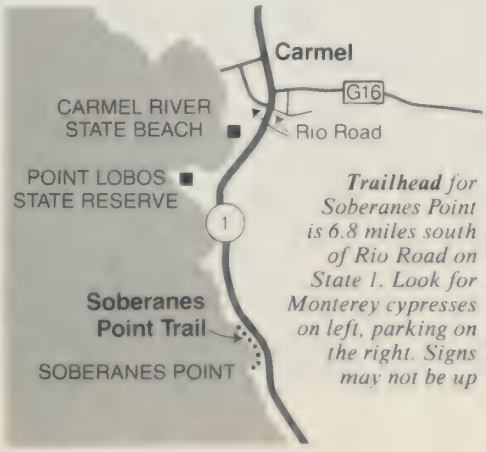
Uncork the magic.

'ecently opened trail edges ocean bluff near Soberanes Point

A new way to get down to the Big Sur coast



***Trailhead** for Soberanes Point is 6.8 miles south of Rio Road on State 1. Look for Monterey cypresses on left, parking on the right. Signs may not be up*

.ook but don't trespass has always been he hard reality of a coast visit along the lramatic 25 miles of State Highway 1 ›etween Carmel and Big Sur.

Jntil recently, the only public access to he north part of this coast was at small, crowded Point Lobos State Reserve and at Carmel River State Beach, a weekend mecca for area scuba-diving classes. But last winter, the first portion of the new Garrapata State Park opened quietly: a 1.2-mile bluff-hugging trail out to the rocky promontory called Soberanes Point. This month, with brisk autumn weather and greater solitude, is a good time for a look.

***Sunning on a rock** like sea lions, hikers slither down to gravelly beach at the base of coast-hugging cliffs*

Seasoned hikers won't even work up a sweat on the wide, level trail to the point. A small sandy beach invites picnicking or lounging, and at low tide the wet, green carpet of the sea floor is aired in the troughs of shallow tidepools. Sea lions and otters may be spotted in knobby beds of kelp; also watch for lines of brown pelicans gliding silently above the sea swells. The season's first migrating gray whales should appear off the point later this month.

Soberanes Point Trail is the first segment of what eventually will become a 4-mile trail along the coast south to the sandy beach at Garrapata Creek. Using funds from the 1976 parks bond issue, park planners are still acquiring holdings, and no completion date has yet been established. For opening updates, telephone park headquarters at (408) 667-2315.

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SARAH STAATS

Julian Theatre. *Housed in a brown shingle designed by Julia Morgan (above), this Potrero Hill theater commands views over city's downtown. Inside (below), audience and actors get together to dance onstage after production of a play set in New Orleans's Preservation Hall*

JERRY FREDRICK

San Francisco's "Off Geary" theaters

Small, sometimes startling, informal. You are almost part of the show

San Francisco Mime Troupe. *Energetic irreverence and wacky, issue-targeted humor are part of the success of this long-popular, not-at-all-silent group*

RON BLANCHETTE

"It is difficult to imagine," wrote a drama critic in Rome's *International Daily News,* "anything more visually compelling." He was reacting not to some well-known international acting company but to work by a small performance troupe not yet well recognized even in its home city, San Francisco.

A colorful host of small but energetic companies makes up San Francisco's alternative theater, its "Off Geary." If you're not yet aware of what these groups are doing—and don't yet know that for little more than the price of a movie you can get a good chance at an evening of first-rate theater—it's time to get acquainted.

We list about a dozen such companies, with highlights from their upcoming schedules—which include some tours to Southern California. There are of course other worthwhile theatrical experiences in town; we have kept here to small, non-profit professional groups. Most have won awards from critics' associations, and all have been found in our own experience to mount serious dramatic productions of high quality. (Commercial theater, stand-up comedy, and musical comedy are not included in our list.)

Usually parking near these theaters is no problem, low- to moderate-priced restau-

One Act Theatre. Audience brown-bags it to catch the fun at this Mason Street group's Wednesday lunchtime theater

ALAN FINNERAN

Soon 3. Juxtaposing conflicting images is part of the message at 1982 performance landscape titled Renaissance Radar

ROBERT HSIANG

Asian American Theatre. Journalist Victor Wong takes to stage in 99-seat storefront theater

rants are nearby, and you can reserve tickets by telephone. You'll find the scale intimate and the relationship between audience and performers refreshingly informal (you may be buying your cup of coffee from someone who is starring in next month's show or working "tech" in the one you're seeing).

Some of San Francisco's small theaters have long served as a forum for public discussion, a free-wheeling vehicle for the social and political outspokenness of this multicultural town. The San Francisco Mime Troupe, now entering its 23rd year, is perhaps the granddaddy of urban street theater, of issue-directed satire. Socially conscious voices find less zany but more developed expression other places, too: Julian Theatre director Richard Reineccius has had a career-long commitment to theater as "a public place to test, exchange, and reexamine ideas." And the Eureka Theatre often looks slyly askance at public pretension, sometimes from a deftly ironic point of view.

Others of the small theaters—Travelling

***Issue confrontation** is not without humor, as in Julian Theatre's Back to Back, a foxhole comedy that plays Veteran's Day to December 19*

Jewish, Asian American, Lilith—began as attempts by minority-group members to develop a fuller sense of identity but have attracted wider audiences because of universal qualities in their themes and artistic integrity in their performances.

The San Francisco groups now making news both nationally and in Europe are in a category often called "New Theater" or "Performance Theater." Rooted in pageantry, their productions are highly visual, sometimes with an electrifying degree of stylization, an impersonality that becomes dreamlike. Action is tightly choreographed, and there is usually an original musical score, plus use of video components, masks, dance, mime. There is often a surprising amount of humor.

Soon 3, Antenna, and Nightfire are "New" groups. Other performers also show the influence; San Francisco has a constellation of one-man-show performance artists (George Coates, John Duykers, Bill Irwin, Pons Maar, Bill Talen, Winston Tong, others), who appear from time to time in some of the spaces listed after our theater guide.

If you'd like to receive a monthly newsletter on activities of Bay Area theaters, as well as ticket discounts, consider joining the Theatre Communications Center of the Bay Area, 2910 16th St., San Francisco 94103; (415/621-0427). Membership is $15 a year. All the following telephone numbers use the 415 area code.

These theaters tend to focus on social issues

EUREKA THEATRE (new space under negotiation at press time; call 441-6842 for current address). Likes new scripts, especially British imports. Clever staging with minimal materials. Trendily leftish.

January 27 to February 26, 1983. Howard Brenton's *Thirteenth Night*, which places Macbeth's political intrigue in a futurist setting.

March 17 to April 16. *Neither Fish nor Fowl*, a tragicomedy by a new German playwright, Franz Xavier Kroetz.

May 5 to June 4. Howard Schuman's wacky comedy, *Censored Scenes from King Kong*.

June 23 to July 23. World premiere of a new work by Obie winner Emily Mann, based on 1978 San Francisco trial of Dan White.

RON BLANCHETTE

***Startling transformations**—achieved by masks, video elements, and choreography—mark Nightfire's new work, Obedience School*

MARVIN LICHTNER

***Ethnic affirmation** results when Travelling Jewish Theatre revisits tradition, here in Dance of Exile. It opened mid-October*

JULIAN THEATRE, 953 De Haro St., San Francisco 94107; 647-8098. Theater of passionate reexamination of issues (Jo Anne Little trial, Vietnam, nuclear armament, etc.). Sometimes presents U.S. premieres of influential international voices. Encourages audience-performer involvement; cast members often lead discussion after a play.

Easy parking; good little restaurants nearby (S. Asimakopoulos Cafe, Goat Hill Pizza, others).

October 1 to 31. Heinar Kipphardt's *In the Matter of J. Robert Oppenheimer*, a play questioning the morality of nuclear arms.

November 11 to December 19. Al Brown's *Back to Back*, a Vietnam foxhole comedy.

January and February. Revivals of two dramas, Ed Bullins's *Jo Anne!* and Marsha Norman's *Getting Out*.

February and March. *Back to Back*, *Jo Anne!*, and *Getting Out* tour California; check theater for details.

SAN FRANCISCO MIME TROUPE, 855 Treat St. (office only), San Francisco 94110; 285-1717. Social and political comment; anti-Establishment antics. Early leader in bringing performers to the people by taking productions to parks and other public places.

October. Company tours Southern California (Pasadena, Venice, San Diego) with *Americans, or Last Tango in Huahuatenango*.

February. Returns to San Francisco; call office for information.

Minority voices enriching their sense of identity

ASIAN AMERICAN THEATER COMPANY, 4344 California St., San Francisco 94118; 752-8324. This storefront theater in the Richmond District enjoys good support from the city's middle-class Oriental population and is winning a Caucasian following, too. Typically, plays focus on cultural identity of second-generation Asian-Americans.

October 15 to November 28. *Obon (Festival of the Dead)*, by Wendy Sodetani, examines cultural values through four generations of a Japanese-American family.

December 3 to December 19. *Not My Fault*, improvisational comedy.

January 7 to February 27. R. A. Shiomi's drama, *Point of Order*, on the World War II internment of Japanese-Americans.

March 11 to April 24. *Lo Foo and the Ming Artifact*, a comedy-mystery by Wood Moy.

A TRAVELLING JEWISH THEATRE, 756 Union Street (sign says "Intersection"), San Francisco 94133; 982-2356. Returns to the ritual heart of theater in exploratory treatments of traditional material, with music, singing, dance, and chanting.

October 15 to December 19. Three plays performed in repertory: *Coming From a Great Distance*, *The Last Yiddish Poet*, and last spring's workshop production, *A Dance of Exile*, now reshaped through dialogue with audiences.

LILITH, A WOMEN'S THEATER, 3543 Eighteenth St., San Francisco 94110; 861-4221. Creates and produces plays about significant issues in women's lives, but issues are broad enough, performances generally so skillful that material interests both sexes.

Opening February 11. *The Daughters of Erin*, by Elizabeth Roden and Carolyn Myers, about women in the struggle for Irish freedom, to be performed at People's Theatre Coalition in Fort Mason Center.

Innovative "New Theater"

ANTENNA, Box 176, Sausalito 94965; 332-4862. Highly visual, often with interesting original music. Director Chris Hardman upsets preconceptions, shows you ordinary

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daily events as in a dream. Takes you to unusual places, too.

November 10 to December 19. Detective Show (check office for performance locations) sends audience-participants through an elaborate scene-of-the-crime environment, equipped with headset cassette narration and sound effects. This tours Southern California in spring.

March 30 to May 15. *Liberty,* to be presented by the Magic Theatre in Fort Mason, lets you become a "psychic sailor" on an actual historic Liberty ship.

MAGIC THEATRE, Building D, Fort Mason Center, San Francisco 94123; 441-8822. Lies somewhere between "new" and familiar theater (definitely hospitable to innovative artists). Boosts new playwrights; works as alternative forum for established ones.

Easy free parking. Try small restaurants on Chestnut Street (Eduardo's is good).

October 6 to November 21. Adele Shank's *Sand Castles*, a look at the California dream.

November 3 to December 19. *Fool for Love* by Pulitizer Prize winner Sam Shepard (sure to sell out early).

January 12 to February 27. Soon 3 (see listing below).

February 9 to March 27. John Lion's droll comedy, *Secret Numbers,* about street attitudes.

March 3 to May 15. Antenna (see page 36).

NIGHTFIRE, Box 1112 (office), Sausalito 94966; 332-6848. Strikingly visual, formal, tightly controlled by choreography. Sometimes presented in unusual locations.

November weekends. A new work to be performed in an antique bowling alley at Fort Cronkhite.

February and March. *Obedience School,* about tensions between a test pilot and his runway-model wife, and *Surface Tension*, a swimming pool play presented last year in various Bay Area swimming pools, will tour California. Details through office.

SOON 3, 2678 California St., San Francisco 94115; 921-7040. Original scores, powerful juxtaposition of "charged" images. Complex high-tech effects, sculptural settings—the hallmark of director Alan Finneran.

October, November. Two one-act productions to be performed at Dreamland Ballroom, 2678 California Street.

January through March. *Crystal Madonna,* a work commissioned as part of the 1982 Venice Biennale theater program, to be performed at the Magic Theatre.

April and May. Tours in Los Angeles; details through office.

Past and present: reworking and expanding tradition

ATTIC THEATRE, 3518 Geary Blvd., San Francisco 94118; 221-4400.

Family entertainment, suitable for youngest to oldest members. Training program develops young actors, who have some roles in productions (also seasoned adult company). Plays at Little Theater, Palace of Legion of Honor (easy parking). Many restaurants nearby on Clement Street.

October. Christie's *Death on the Nile.*

December. *Charley's Aunt,* popular farce.

March. *Diary of Anne Frank.*

May. *Sly Fox,* based on *Volpone* but set in turn-of-the-century San Francisco.

ONE ACT THEATRE COMPANY, 430 Mason St., San Francisco 94102; 421-6162.

Solid repertory ensemble. Produces only one-act plays. One performance each run has free child care. Fosters new writers (also regularly presents staged readings of their work at companion theater, One Act II). Wednesday lunchtime show very popular with downtown office workers.

For dining nearby, try Délices de France.

October 1 to November 27. *Power Play,* one-act plays by James McClure, Woody Allen, Holly Kern.

December 10 to January 2. J.R.R. Tolkien's *Hobbit* dramatized, with music.

January 1 to March 5. *Rites of Passage,* one-acts by Albert Innaurato, Elaine May, Ken Jenkins, Robert Brenton.

SAN FRANCISCO REPERTORY THEATRE, 4147 19th St., San Francisco 94114; 864-3305. A fresh look at classics, plus some new scripts.

October and November. Athol Fugard's *Blood Knot.*

Spring, 1983. *Diamond Studs,* by Jim Wann and Bland Simpson, a bluegrass musical about the life of Jesse James.

Smaller spaces to check

Here are some performance spaces primarily devoted to dance, but where interesting theater is offered as well. You can ask to be put on their mailing lists.

INTERSECTION, 756 Union St., San Francisco 94133; 982-2356.

544 NATOMA STREET, 544 Natoma St., San Francisco 94103; 621-2683.

PEOPLE'S THEATRE COALITION, Building B, Fort Mason Center, San Francisco 94123; 776-8999.

PERFORMANCE GALLERY, 3157 17th St., San Francisco 94110; 863-6606.

STUDIO EREMOS (Project Artaud), 499 Alabama St., San Francisco 94110; 552-3541.

VICTORIA THEATRE, 2961 16th St., San Francisco 94103; 863-7576.

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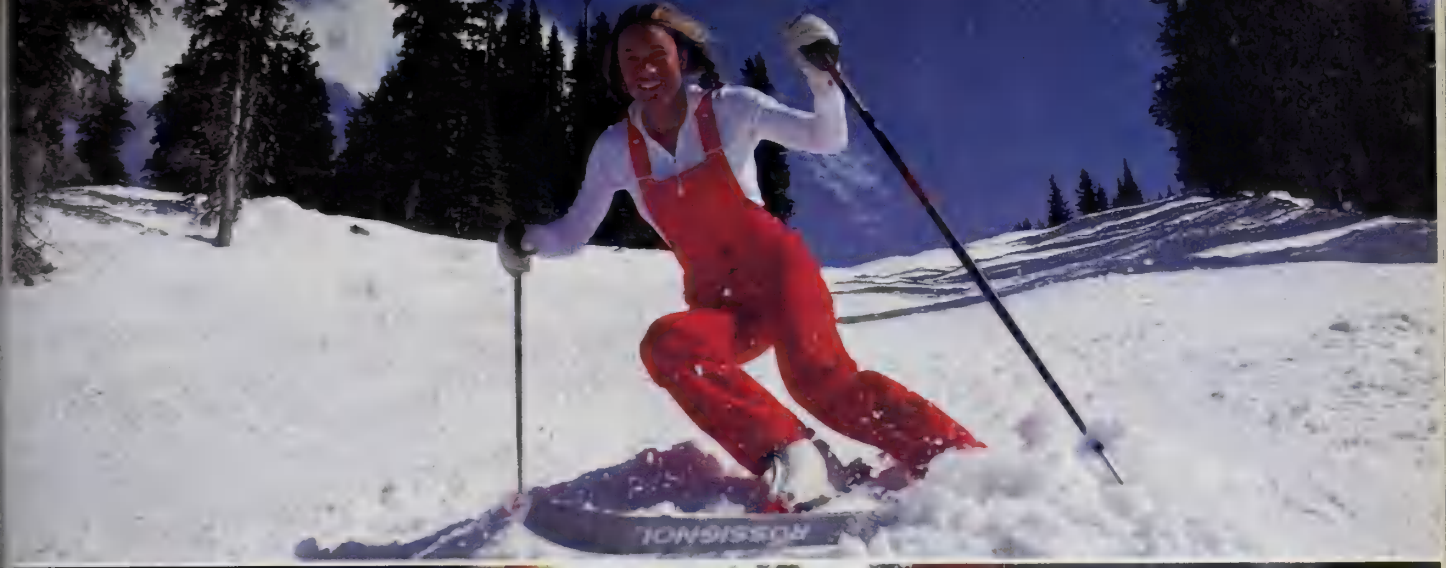

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e a travel agent. Or write us for our ski brochure at Tourism British Columbia, ɜpt. 0453, 1117 Wharf Street, Victoria, British Columbia, Canada V8W 2Z2.

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The 300 D Turbodiesel is mean- hile perhaps the most *conscientious* erformance automobile in Amer- a, because it is so inherently effi- ent that EPA figures show 27 mpg ty estimated and 33 highway.* An most uncanny *balance* of power nd frugality is thus struck.

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Mercedes-Benz engineers care little if the outside world knows that total swept brake area is a massive 456.5 square inches, or that the 300 D's front suspension geometry is devised to help minimize front-end "nose diving" in hard stops. Their main concern is that the driver is better served by these and myriad other technical flourishes.

Designed, not decorated

Even when fully padded and finished, the interior of the 300 D's welded steel body shell measures almost five feet in width–sufficient to easily accommodate three adults in the rear seating area, for example. Electronic cruise control, AM/FM stereo radio/cassette player, automatic climate control system and electric window lifts–whatever conventional luxury sedans furnish by way of real conveniences, so does this sedan.

Garishness, however, is absent. The instrument panel is no entertainment center twinkling with gadgetry but an exercise in ergonomics, meant to ease the driver's task by simplifying it.

The engineers continuously strive to make driver controls fewer and less awkward to use, and so reduce driving complexity. Item: the single steering-column lever that lets you perform nine different driving functions–without taking your hands off the wheel.

Seats are not designed to *look* luxurious but to so support your body that you *feel* relaxed, even after an all-day drive.

Interior wood trim is genuine wood from the Mercedes-Benz shops, handworked and fitted and finished. A small thing, but it epitomizes this car's unremitting honesty of character–as its 120 built-in safety features epitomize its seriousness of character.

The luxury of retained value

The 300 D Turbodiesel boasts a final and powerful distinction. As a Mercedes-Benz, it shares a name so coveted by American buyers today that after the first three years, the *entire Mercedes-Benz line*–not just a few isolated models–has been shown to retain an average of 84 percent of original value.

If retained value is a form of luxury, then perhaps the 300 D Turbodiesel *is*, after all, a luxury car.

*EPA estimate for comparison purposes. The mileage you get may vary with trip length, speed and weather. Actual highway mileage will probably be less.

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There's a new aristocracy. Men and women who would rather wait for excellence than make do with mediocrity. This clock is for them. Its case is crafted from real Honduras mahogany. The graceful swan neck pediment is embellished with rare crotch-grain mahogany burls. An effect reminiscent of Chippendale. Behind the lavish moon phase dial ticks an intricate key wound movement. A selector lets you choose the chimes of Westminster, St. Michael or Whittington. But why not see the Chamberlain for yourself? Dial the toll-free number below for the dealer nearest you.

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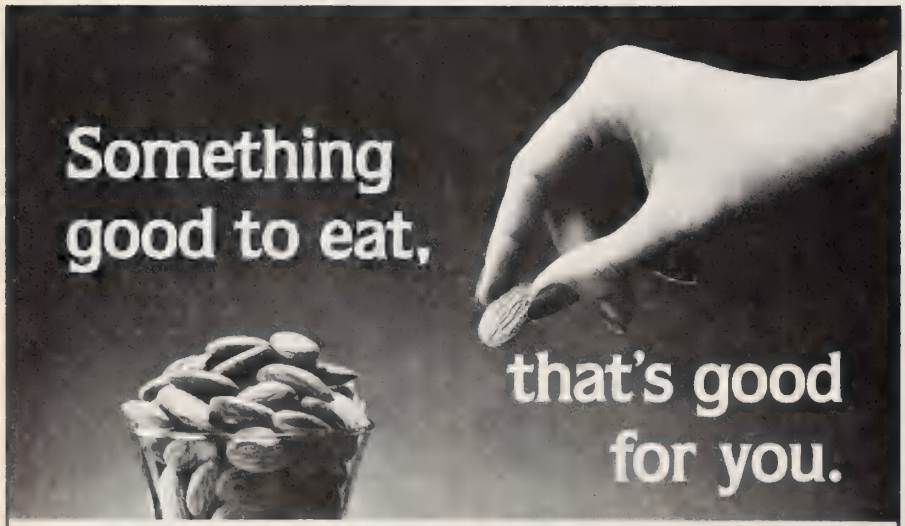

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To the bird refuges with a group

Here we list some groups visiting Pacific Flyway refuges (see page 80) in the next few months. You need not be a member to join the trips. There may be a nominal charge for more distant excursions. If your area isn't included here, check your telephone book for a chapter of the Audubon Society or other conservation group.

Arizona. *Prescott Audubon Society,* 1939 Rocky Dells Dr., Prescott 86301; (602) 445-3289. November 20 and 30: meet 8 A.M. at Watson Lake Overlook, east side U.S. 89, 3 miles north of junction with State 69.

Tucson Audubon Society, 30-A N. Tucson Blvd., Tucson 85716; (602) 323-9673. November 20: trip to Bosque del Apache Wildlife Refuge, Socorro, New Mexico. February 19: Salton Sea Wildlife Refuge.

Yuma Audubon Society, 1992 S. Maple Ave., Apt. C, Yuma 85364; (602) 782-3552 or 726-4436. November 20: trip to Havasu refuge. December 18: to Imperial.

California. *Davis Audubon Society,* Box 886, Davis 95617; (916) 756-3314. December 11: Sacramento refuge. January 30: Gray Lodge refuge. February 5: Colusa refuge. All trips meet at refuges at 8 A.M.

Great Valley Museum of Natural History, Box 4014, Modesto 95352; (209) 526-2000 ext. 313. November 21: trips to Merced and San Luis refuges.

Mt. Shasta Aububon Society, Box 530, Mt. Shasta 96067; (916) 926-4251 or 235-4881. January 28 and 29: Lower Klamath refuge.

San Diego Natural History Museum, Box 1390, San Diego 92112; (714) 232-3821. November 2 to 23: class on waterbirds of San Diego; cost $36; reservations required. February 5: Salton Sea; fee not set; reservations required.

Sequoia Audubon Society, Box 1131, Burlingame 94010; (415) 344-4577. November 6: Gray Lodge. February 26 and 27: Los Banos.

Stanislaus County Aububon Society, Box 4251, Modesto 95352; (209) 634-2733 or 526-5132. Dates not set.

Idaho. *Palouse Audubon Society,* Box 315, University Station, Moscow 83843; (208) 882-9721 or 885-6434. November 6: Turnbull Wildlife Refuge. November 20: Moscow Mountain.

Oregon. *Aububon Society of Portland,* 511 N.W. Cornell Rd., Portland 97210; (503) 292-6855. November trips to Sauvie Island.

Lane County Aububon Society, Box 5086, Eugene 97405; (503) 485-2473. Trips to Finley refuge, other areas; dates not set.

Utah. *Utah Audubon Society,* Box 9419, Salt Lake City 84109; (801) 467-5758. Trip dates and places not set at press time.

Wasatch Audubon Society, 353 West 2250 North, Sunset 84015; (801) 773-0481. November trip to Antelope Island.

"Estate planning? Why me? Everything's in Harry's name."

The new estate tax law could work against you if you don't watch out.

Even if your name isn't on a single piece of the family's property, your estate could end up being the one forced to pay all the death taxes.

That's why, as a New York Life Agent, I'd like to talk to both you and your husband about estate planning.

You see, if he dies before you, you can now inherit everything without paying one penny of federal estate taxes.

But all the family's property then ends up in your estate. And, unlike you, your heirs can't get off scot free. They'll have to pay the taxes when you die. Every cent.

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Some are rocky. Or black volcanic ash.
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The ocean is so clear a few yards from shore you can snorkel over an incredible underwater wonderland, SKIN DIVER magazine calls "the Louvre of scuba".
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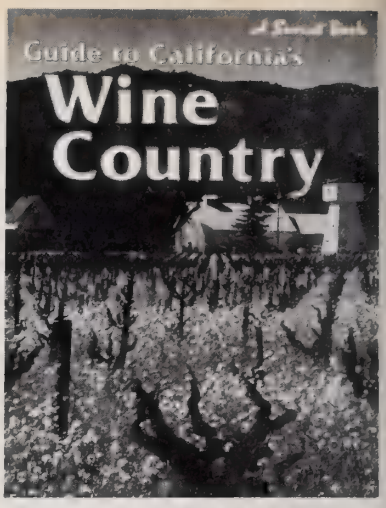

***Expanded** to 160 pages, Sunset book covers wineries ranging from basement ventures to industry giants*

New guide to 400-plus wineries

The crush in the Napa Valley has come t mean more than harvest time. In the pas decade or so, as the number of winerie there has tripled, the number of touris has followed suit. For the unwary visito who spontaneously sets out for a weeken of winery hopping, it may prove difficu simply making a left turn into a winery parking lot—or parking at all if the lot jammed.

Not that the undiminished pleasure wine touring is lost. From San Diego Mendocino County, backroads winerie welcome visitors for a quiet chat and ca sual tasting. Even in the Napa Valle with some advance planning you can e cape the crowds and rediscover the hea of California's wine country at its best.

You'll find help in the fully revised *Guid to California's Wine Country* (Lane Pu lishing Co., Menlo Park, Calif. 9402 $7.95), expanded to include more tha 400 wineries.

At the start, 30 pages packed with col photographs—pastoral foothill vineyard quiet aging cellars, vibrant harve scenes—set the mood for touring. In t following chapters, author Bob Thompso highlights each winery's history and pr duction in deft, good-humored profiles.

Maps for every wine district, with nu and-bolts listings of tour informatio help you plan an outing. Every chapter two also contains a quick look at speci topics, from new labeling laws to char pagne bubbles.

Meant to get you started, the book leav room for discoveries of your own—a ju opened winery, an out-of-the-way pic spot—that make the wine country a fre experience every time you return.

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PURE VIRGIN WOOL

Uncrowded, undiscovered Kyushu

Tiered turret of Kumamoto Castle rises above hilltop garden

Kyushu is very nearly a tourist's dream of undiscovered Japan. Uncrowded, uncluttered land sprawls between cities in a green-and-gold patchwork dotted with blue-roofed farmhouses. Mist-shrouded mountains rise above narrow green valleys where aproned and bonneted women bend over neat rows of green tea. Pine-covered islets fringe miles of jagged, wave-battered coast. Slumbering volcanoes jab stark cones at the sky from fields of lush green.

On a one-week trip, you can explore some highlights of this richly varied terrain: a volcano, a hot springs resort, an ancient castle and gardens, a scenic national park.

Winter rains and sticky summers are the rule here; come in fall, when hillsides blaze with crimson foliage, or spring, when cherry trees and azaleas are cloaked with blossoms. Temperatures are mild at these times, but be ready for cool evenings, and for rain at any time.

Since Western tourists are still scarce in Kyushu, you may be looked upon in more remote areas as something of a curiosity. But outgoing travelers will find the local people warm and friendly, even if conversation is limited to sign language.

Japanese express trains provide fast and efficient transportation around Kyushu. A seven-day rail pass ($86, or $123 for the first-class green car) offers unlimited mileage on all Japanese National Railway's buses, ferries, and trains.

Package tours with English-speaking guides visit Kyushu March through November; plan on spending $100 a day for meals, comfortable hotels, and transportation. For details on rail tickets or package tours, write or call the Japan Travel Bureau, 360 Post St., San Francisco 94108 (415/433-5907) or 624 S. Grand Ave., Los Angeles 90017 (213/687-9881). For general tourist information on Kyushu, write to the Japan National Tourist Organization, 1737 Post St., San Francisco 94115.

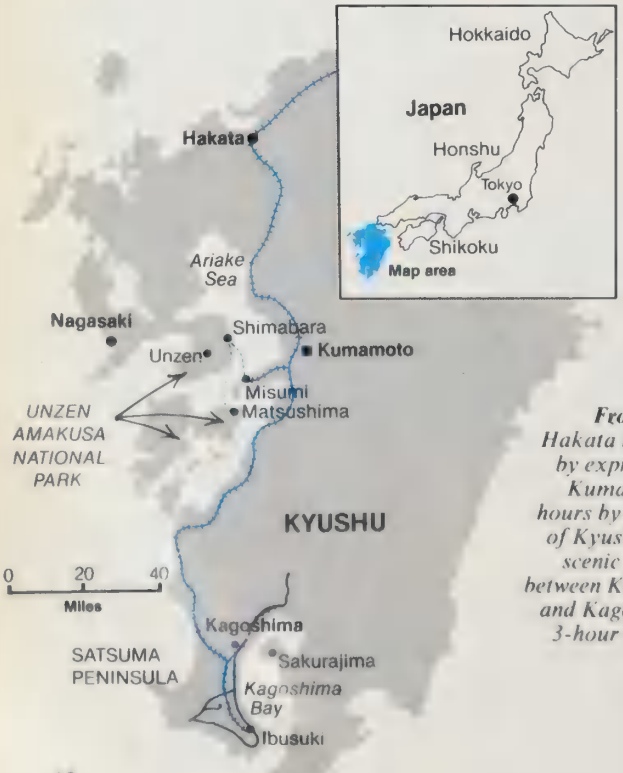
At stops listed here, major hotels have English-speaking personnel who can help you arrange sightseeing by taxi or bus.

Kagoshima, Naples of the Orient

Like its Mediterranean sister city, Naples, Kagoshima hugs the edge of a deep curving bay. Mount Sakurajima dominates the skyline across the bay, its crown wreathed in gentle white wisps of steam or billowing blue-black clouds of ash. You can hire a sightseeing taxi ($64 for 4 hours) to take you around the city.

Iso Gardens. Paths terracing the hillsides of this 300-year-old garden north of town offer

***Belching plumes** of blue-gray ash, Mount Sakurajima puts on a frequent show across the bay from Kagoshima*



***From Tokyo,** Hakata is 7 hours by express train; Kumamoto is 2 hours by air. Some of Kyushu's most scenic places lie between Kumamoto and Kagoshima, a 3-hour train ride apart*

***Showy mound** of golden chrysanthemum grows around a hidden staircase that gives young visitors a view over its rim. It's an autumn highlight at Iso Gardens*

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It takes an hour by jetfoil from Hong Kong and you'll discover another world.

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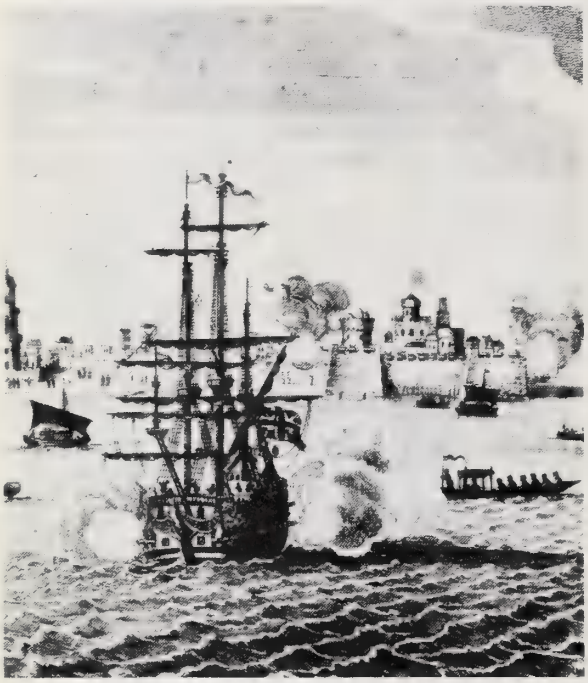

Macau Tourist Information Bureau
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Cable: MAINBURO Hongkong

3133 Lake Hollywood Drive, Los Angeles, California 90068. Tel: (213) 851-3402. Telex: 910-321-4604.

51 East 42nd Street, New York, N.Y. 10017. Tel: (212) 697-3694.

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Package includes lodging, ski area transportation to and from Badger Pass, and choice of: Two downhill ski sessions with all-day lift ticket; or all-day cross-country lesson.

For reservations and information, call (209) 373-4171 or contact your travel agent.

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splendid views of Sakurajima and pleasant strolling past bamboo and plum groves, streams, koi ponds. Open daily, 8:30 to 5.

Ibusuki: a hot springs resort

Favored by Japanese honeymooners, Ibusuki boasts a number of resort hotels—some surrounded by tropical gardens and manmade lagoons you can explore in rented boats. Pause if you can for a couple of nights to savor its leisurely pace.

Sand baths, jungle baths. The Ibusuki Kanko Hotel (from $50 per night, double) is one of several beach resorts where you can bake in a unique natural *sunamushi* (sand bath). Hot springs boiling beneath the beach heat the sand to sauna temperatures; you lie in a trench (with some apprehension at first) while an attendant buries you neck deep in steaming sand. After a relaxing 5- to 10-minute bake and a cooling shower, you enter the jungle bath *(janguru-buro)*, a palm-filled greenhouse where you can ease into mineral pools of different sizes and warmths.

Kumamoto: an old castle town

From Chausuyama Hill, Kumamoto Castle presides over this sprawling city like a warrior lord from the past—its lighted walls and tiered roof tips dazzling against the night sky.

The restored 17th-century fortress houses a museum of city history.

Shopping arcade. Down the hill from the castle, a giant covered arcade offers pleasant browsing in its hundreds of shops. At restaurants on adjoining side streets, you'll find lunch or dinner to suit your tastes, whether you hunger for fried chicken or horsemeat sashimi—a local delicacy.

Suizenji Park. Twenty minutes by cab ($10) from the castle, you can pause from the downtown bustle for a peaceful stroll through a 350-year-old garden around a clear lake. Paths weave past a temple and tea pavilion, over rustic stone bridges and through grassy hills.

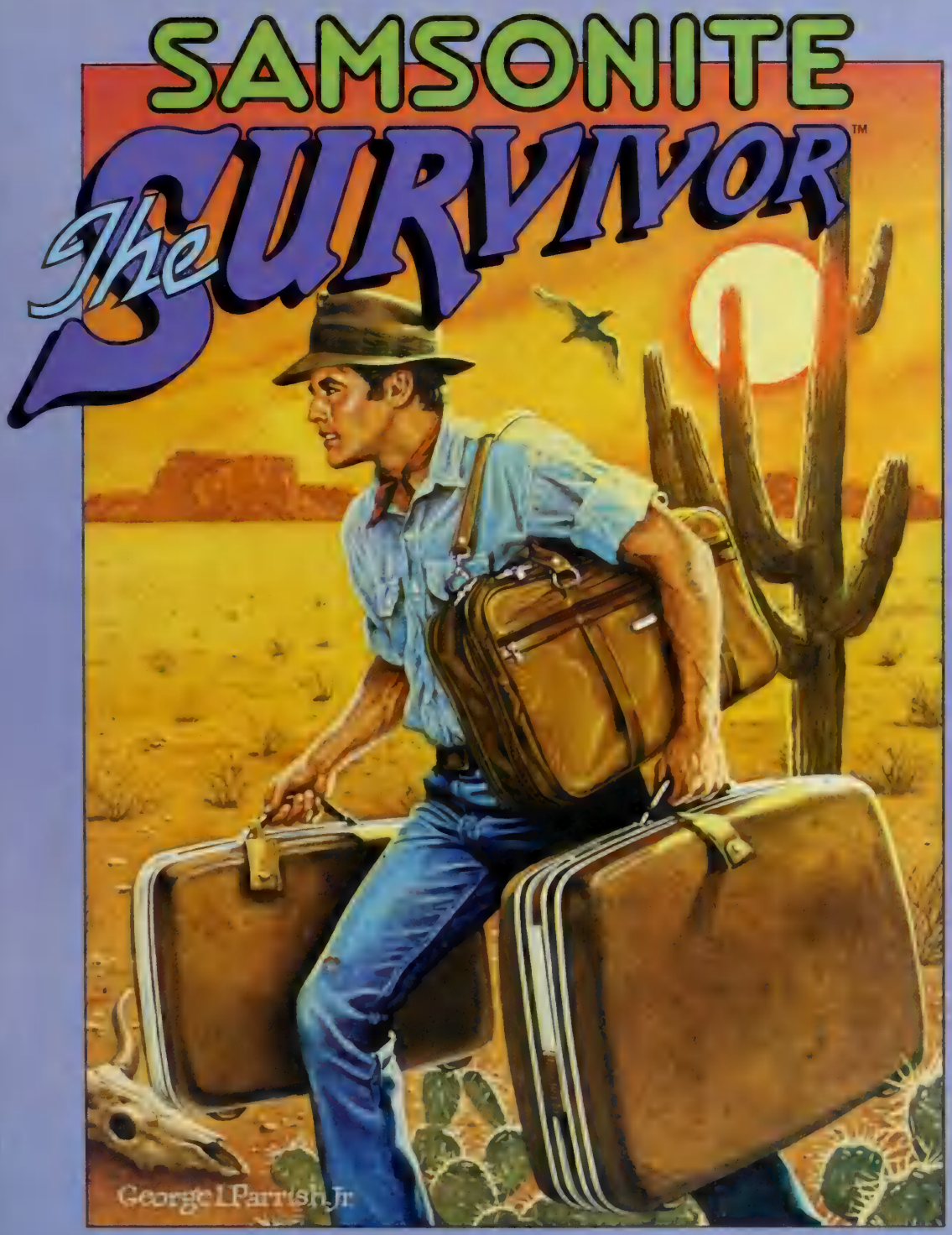
By train, ferry, bus, or taxi to Unzen Amakusa National Park

Misumi, the gateway to Unzen Amakusa National Park, is an hour by train west from Kumamoto; from here it's another hour by ferry to Shimabara. Bus tours take the more scenic route across the Five "Pearl Line" Bridges to the Matsushima ferry dock. These are pearl-farming waters: floats bobbing in neat rows near shore mark the oyster beds.

From the Shimabara dock, it's 50 minutes by bus ($2) or taxi ($25) to Unzen Spa.

Pearl shop, museum. Near the Matsushima ferry dock, the Amakusa Pearl Center sells pearls at reasonable prices. You may have to search for quality; best pearls are usually exported. In a small museum downstairs, displays show how pearls are made.

Unzen Spa. Nestled on a high plateau, this quaint mountain hamlet offers golfing, hiking, and mineral baths. Chalet-style hotels and inns cluster along the road, many built before World War II when Europeans and Americans living in the Far East came to "take the waters." Geysers, steam vents, and boiling sulfurous springs spew wispy clouds of steam skyward. Most are only a short walk from the hotels.



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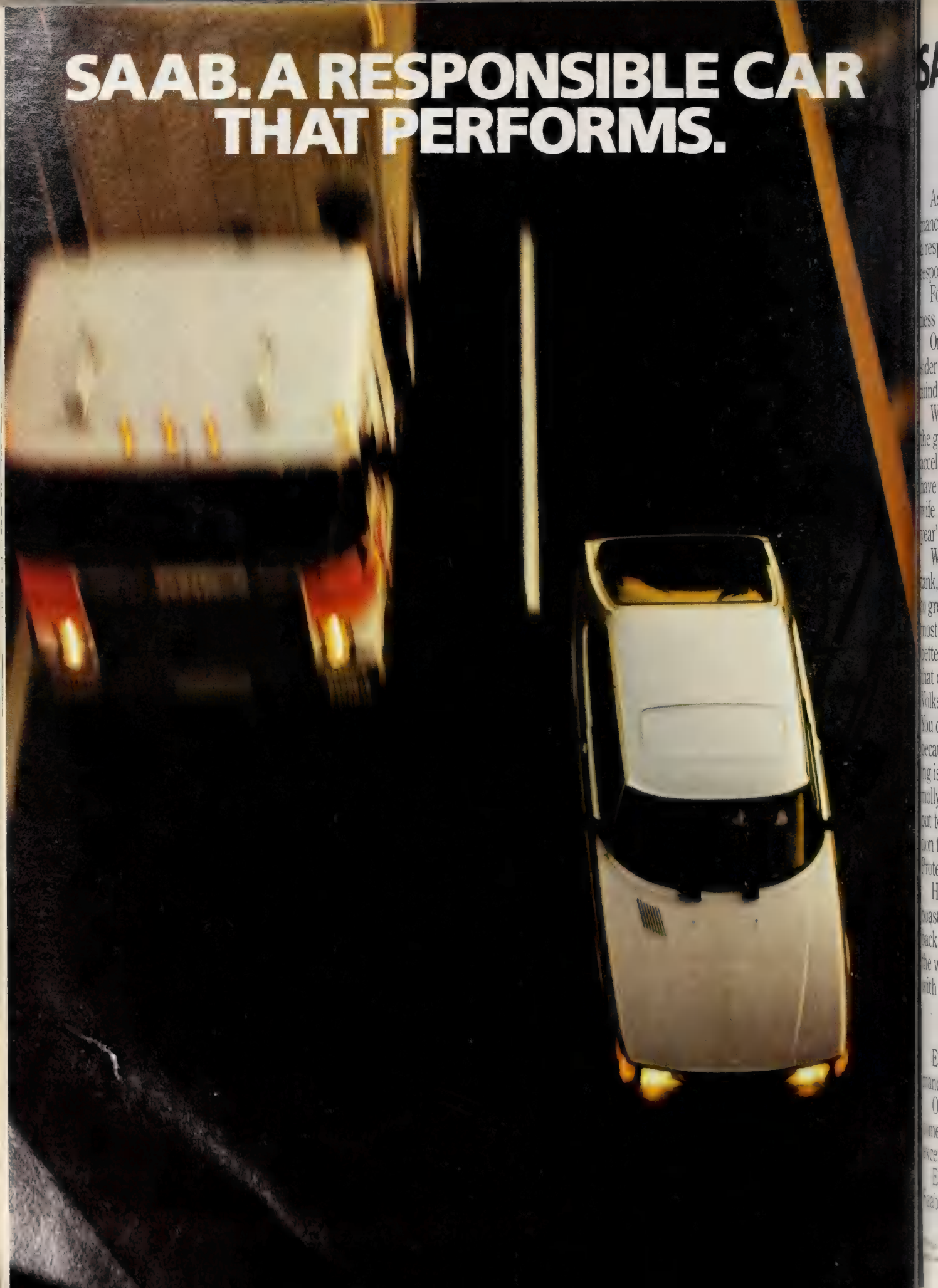
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As opposed to a performance car that performs. Or a responsible car that's responsible.

For Saab, single-mindedness is no virtue.

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When you experience the goose bump-inducing acceleration of a Saab, you have room to share it with a wife and two kids and a year's supply of groceries.

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Having thrown out those boasts, Saab would like to back off a little and admit the world hasn't greeted it with unanimous accolades.

Either-Or.

Either you find the performance of a Saab exhilarating.

Or the sociologist in you comes out and pronounces it excessive.

Either you determine Saab's steering to be a tight, responsive, unifying element between your hands and the wheels.

Or you yearn for squishy power steering that tacitly says you're not really driving the car; you're merely pointing it.

Either you look at this chart and say, "Pretty good numbers."

Or you look the other way and declare yourself, "Not a numbers man."

SAAB 900 5-SPEED APC TURBO	
0-60 MPH Acceleration*	10.0 seconds
1/4 Mile Acceleration*	17.3 seconds
Stopping Distance from 60 MPH*	160 feet
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Fuel-tank capacity	16.6 gallons
EPA Estimate	21 mpg**
EPA Highway Estimate	34 mpg**

Either you assess the Saab Turbo's Automatic Performance Control as an improvement on all other turbos, a true breakthrough that lets you go faster on less fuel.

Or you look at it as just another piece of engineering esoterica.

Either you consider *Road & Track's* designation of Saab ("Sports Sedan for the Eighties") as a carefully weighed judgment by a group of editors who have seen them all come and go over the years.

Or you dismiss it as hype by a cult of car nuts.

Either you apply everything you know about economics to the sticker and realize the perfect balance between price and value.

Or you conclude it's outrageously expensive. Or too cheap to bear repeating at the country club.

The car you need vs. the car you want.

For every other car we can think of, those two concepts are also either-or.

Either you opt for utility and practicality and economy and durability and have your needs satisfied.

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Of course, it is our biased contention that the 1983 Saab is both the car you need and the car you want.

If you test drive a Saab and love it, our guess is that it will be a love fully requited in the years ahead.

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The guarantee is that you won't be indifferent.

SAAB

The most intelligent car ever built.

*See box above for fuel economy specifications. *From July, 1982 Road & Track Magazine Road Test. **Remember, use these figures for comparison only. Mileage varies with speed, weather and trip length. Actual highway mileage will probably be less.*

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Great resort from top to bottom.

***Professional moochers,** the Oatman burros have a quick nose for newcomers with hando*

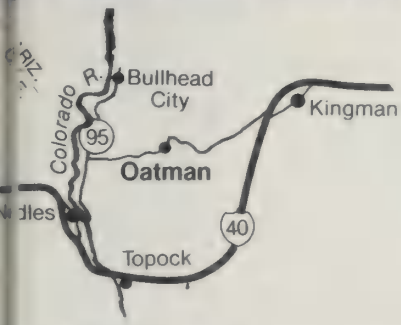
In Oatman, you may get caught in a burro jam

Where in the West can you walk down Main Street and in moments be up to you armpits in burros?

Nowhere but in Oatman, Arizona, a poky shrunken survivor of a great mining town perched behind rocks on the brow of the Black Mountains a dozen miles from the Colorado River. It's a derelict, good-humored, frontiery sort of place, abrim with local color supplied by genuinely colorful locals.

The road through Oatman is an easy detour for anyone traveling between Southern California and northern Arizona on Interstate 40. On the map, it looks almost like a short-cut, but driving the winding roads will slow you down; plan on 3 to 4 hours from freeway back to freeway.

Getting there. From I-40 eastbound, take any Needles exit and cross the Colorado at the foot of K Street, following signs that point to Bullhead City. You're soon on Arizona Highway 95. At 8½ miles from



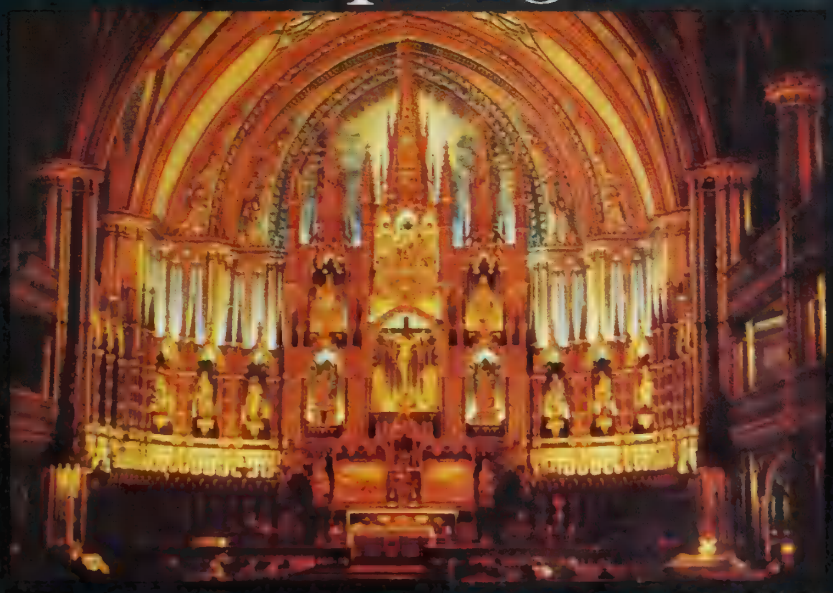
e bridge, turn right on a signed road to atman. The paved road rises gently to-rd the dun-blue shadows of the Black ountains, with teddy-bear cholla on th flanks and the spire called Elephant's oth increasingly dominant ahead. A fi-l turn brings you to the two busy blocks Main Street.

e road continues, unpaved, 22 miles st to Interstate 40 near Kingman, Ari-na. Westbound on I-40, the Oatman it is clearly marked.

e town itself. If you arrive on a week-d, you may see a modest flea market at wn's edge—and a shootout by the atman Gunfighters in the afternoon.

ain Street has the cafes, shops, garages, d other emporia necessary to serve a wn of 200 as well as cater to passers-rough. Notable is the old photo salon of ric Diggs, who learned his trade on the orth Sea in the mid-1910s. He and his rtner Doris can jury-rig you into a mar-

Inspiring



Montreal Province of Québec

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Canada

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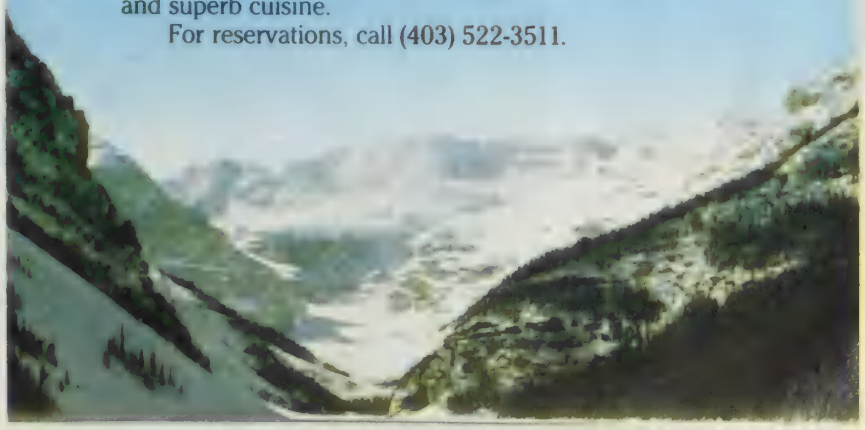

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Beyond a rickety-looking collectibles shop, Elephant's Tooth points skyward

shal or dance hall costume and make a handsome sepia print for $5.50.

At present, there's no place to stay overnight in town. But you can pay 50 cents at the old Oatman Hotel to see the room Clark Gable and Carole Lombard allegedly slept in on their 1937 honeymoon.

And the "pestilent burros"? (That's what they were called in a newspaper account in July 1917.) Offspring of prospectors' burros of long ago, they have come to rely on the handouts of camera-toting visitors. If you have any picnic makings with you or open snacks in a pocket, better not let these freeloaders come close.

You may see local children play casually with the seemingly imperturbable beasts, socking noses, slapping flanks. But don't let your own kids try it, and don't get caught in a burro jam; when spooked or annoyed, a burro can kick—with painful results. More than one visitor has had a badly bruised leg treated by the local R.N.

Incidentally, the town was named for Olive Oatman, for years held captive by Apaches and Mohaves. It boomed in the 1910s and 1920s; one mine yielded $18 million in gold in four years. Its peak population was 12,300. For more on local history, pick up a copy ($2.50) of *Oatman Gold Mining Center*, by Roman Malach at any of several Oatman shops.

At Eric and Doris Diggs' salon, she's been outfitted in gingham bonnet and dress for a souvenir photograph in tintype style

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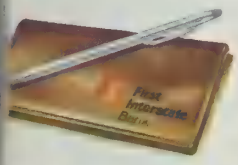

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DAVID STUBBS

A sheepfold full of lambs and a pen of pigs are among the animals and farm displays at east San Jose's new Prusch Park

San Jose's new farm park

Family farms were gobbled up wholesale in San Jose's boom years, but Emma Prusch saved the farm her father first cleared in the 1880s. Now it's a city farm-park, scheduled to open October 30 for gardeners, animal lovers, and anyone who'd like to see how a small-scale family farm works.

At Prusch Park, there's a Victorian farmhouse (now a gardening information center) and a huge barn with swine, lambs, cattle, and more cared for by 4-H groups learning animal husbandry. Behind, a pasture of alfalfa is kept for animal feed, and historic farm implements are scattered about.

In a multipurpose building, you can see a display on county farming history or ask questions of the resident master gardener. Demonstration gardens nearby show an edible landscape. To sign up for one of the 60 community garden plots, call (408) 926-5555 starting in November.

The 42-acre park, with picnic facilities, will be open 10 to 5 daily. From I-280 (becomes 680), take King Road south to the entrance. Admission is free.

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TIMOTHY ORD

***Polished** to an ebony luster, kukui nuts were the jewelry of old Hawaii's royalty*

Kukui tour on Oahu

Its oil was burned for light, its kernel ground as a laxative, its coating made into dye for ancient tapa cloth. But now the nut of Hawaii's silvery-leafed kukui tree is most often used to make gleaming leis. On Oahu's north shore, you can tour the only factory and buy wholesale.

At the Kukui Nuts of Hawaii factory in Waialua, you'll see the rough nuts tumbled, sanded, polished, buffed, and patiently strung on grosgrain. A 25- to 30-nut strand costs $12, chokers and bracelets much less. Rare white nuts run $1 apiece. (Retail prices elsewhere are 50 to 100 percent higher, and often shoppers are sold plastic facsimiles.)

Hours are 8 to 5:30 weekdays, 9 to 5 weekends. Take Highway H-1 west 20 miles from Honolulu to Pearl City, then go north 15 miles on Highway H-2 to Wahiawa and 15 miles north on routes 99 and 930 (Kaukonahua Road) to the former theater building at number 66-935. ☐

***Pumice wheel** polishes varicolored nuts at Waialua factory open for daily tours*

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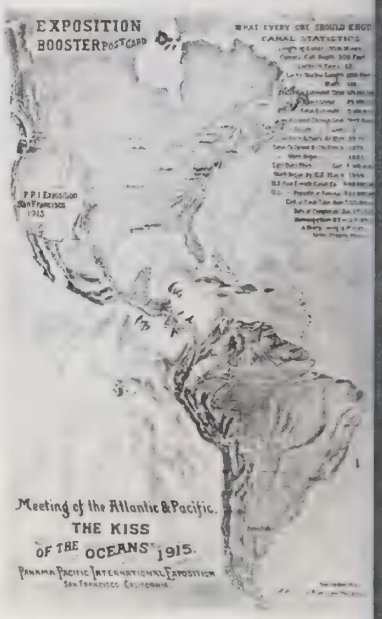
Gigantic trumpeters beckon sightseers surging through exposition's amusement zone in this vintage photograph

GABRIEL MOULIN STUDIOS



***Postcard kiss** depicts Panama Canal a embrace of Atlantic and Pacific it's one of numerous souvenirs on view*

***Demolition** occurred soon after the fa closed Only the Palace of Fine Arts left on original Marina si*

New UC Berkeley exhibit looks back at San Francisco's 1915 Panama-Pacific Exposition

DAVID STUBBS

***Reconstruction** of a huge, face-filled façade from the 1915 extravaganza will be set up on museum's courtyard wall*

Capturing the imagination of millions, San Francisco's Panama-Pacific International Exposition of 1915 celebrated the opening of the Panama Canal with glittering fanfare. One visitor to the extravaganza rhapsodized, "There it lay, a walled town of the Orient, fair city of the sun, laved by blue seas, glowing like a topaz all dominated by the Tower of Jewels uplifting nigh half a thousand feet, with its jade upper pillars, giant arch, rich sculptures, statuary all studded with gems."

A new exhibit, going on view October 30 at the Lowie Museum of Anthropology on the UC Berkeley campus, re-creates the feeling of the fair and shows what t excitement was about.

According to organizer Burton Benedi (professor of Anthropology at UC Berk ley), the exposition —occurring soon aft the devastating 1906 earthquake cel brated much more than the completion the Panama Canal "It celebrated the r building of San Francisco; it asserted t importance of California and the Ame can West, it turned American attenti toward the Pacific and South America.

Benedict lists statistics that are impressi even today "Twenty-eight foreign n tions and 32 U.S. states and territor participated. A virtual city, 2½ miles lo by ½ mile wide, was constructed in plast to mimic travertine marble. Its symb was a Tower of Jewels, 435 feet high a

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decorated with more than 100,000 hand polished glass jewels each backed by tiny mirror. There were more than eigh teen million paid admissions in the I months that it was open."

Photo murals and a scale model of the fai give an idea of the exposition's vast size National and ethnic exhibits from the fai —including a large model of a Confucia temple from China, a silk-making tablea from Japan, and a set of 16 half-life-siz dolls in traditional dress from Sweden— suggest the diversity of the displays.

Outside, in the museum courtyard, fa çades and exhibits reconstruct the 191 "amusement zone." There are also sta ues, souvenirs, posters, postcards, recorc ings, and even films from the fair.

A catalog containing interpretive essay accompanies the show. In addition, check list compiled by Sara P. Knigh describes more than 50 artifacts an buildings elsewhere in the Bay Area— from the five-storied wooden pagoda i San Francisco's Japanese Tea Garden t the fountain in Sausalito's Viña del Ma Park—which originated at the fair.

Why this show in an anthropology muse um? When the exposition closed, some c its exhibits were donated to the Universit of California and ended up in the base ment of the Lowie Museum, where the have remained ever since. Also, anthro pologists like to study expositions like th one because they highlight how compa nies, states, and nations see themselves.

The show will run through Decembe 1983. The Lowie Museum is on th Berkeley campus at the corner of Bar croft and College streets. Hours are 10 t 4:30, Monday, Tuesday, Thursday, Fr day; noon to 4:30 Saturday and Sunda Admission is $1 adults, 25 cents senior and children; free on Thursdays.

GLENN CHRISTIANSE

***Elephant lamp standards,** now installed at Sausalito's Viña del Mar Park, originally adorned Panama-Pacific Exposition's "Court of the Universe"*

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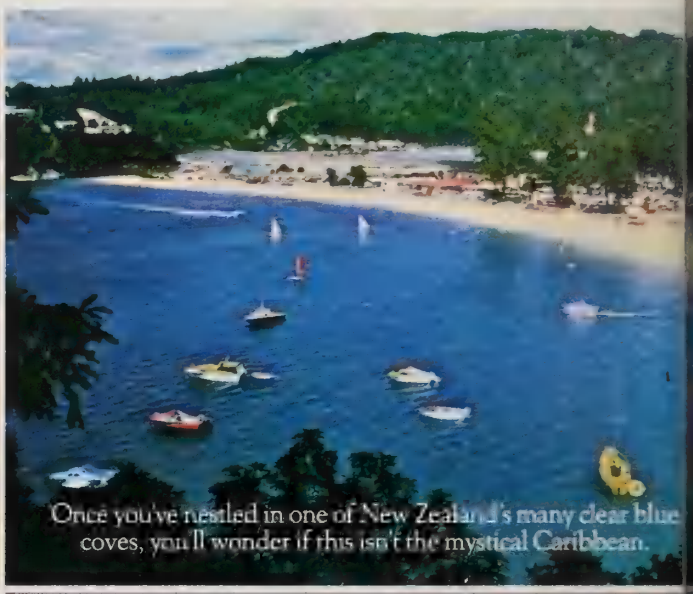
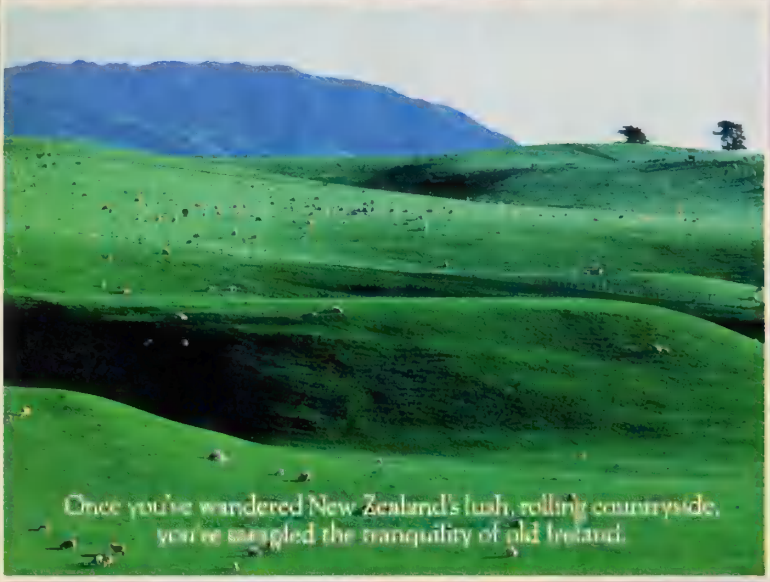
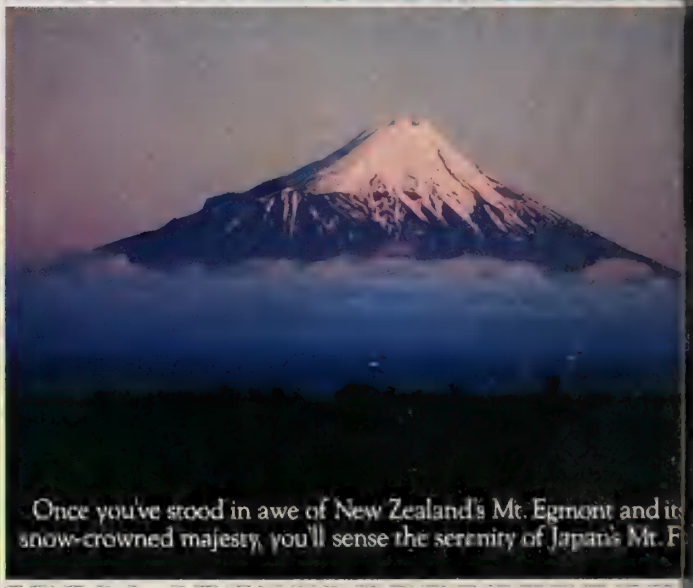


Once you've nestled in one of New Zealand's many clear blue coves, you'll wonder if this isn't the mystical Caribbean.



Once you've wandered New Zealand's lush, rolling countryside, you've sampled the tranquility of old Ireland.



Once you've stood in awe of New Zealand's Mt. Egmont and its snow-crowned majesty, you'll sense the serenity of Japan's Mt. F

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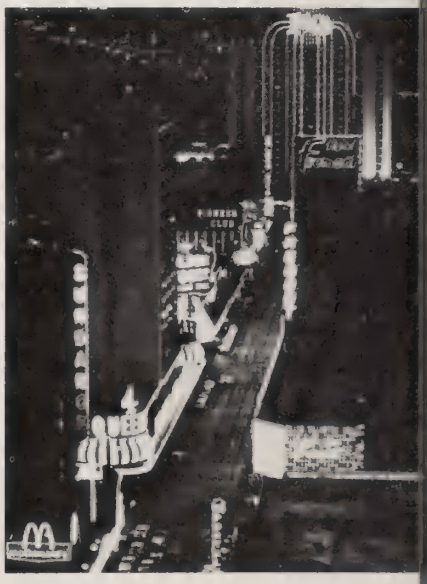
DON NORMA

***Helicopter tours** of The Strip begin as neon lights brighten. Night flight over downtown Las Vegas shows why Fremont Street is called Glitter Gulch*



Helicopter views of Las Vegas

Neon art is now respectable enough to w exhibit space at prestigious museums, y no show can compete with the Queen Neon—Las Vegas.

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The $15 tour ($11 for ages 12 and unde is a 6-minute flight over the 3-mile Str where casinos and hotels below glow wi neon displays. A 15-minute flight ($ adults, $18 for 12 and under) also hove over Fremont Street. Just show up: two four passengers go on each run. For d tails, call Action Helicopters at (70 736-1352.

GTV 6/2.5 Coupé

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The engine "is a joy, revving and pulling smoothly through its range ...", a muscular 2.5 litre V6 with Bosch L-Jetronic fuel injection for punch. Also, as you would expect from a car in the classical GT mold, the GTV 6 has over-sized 4-wheel disc brakes for when more power isn't the answer. The suspension is independent up front and the rare DeDion design in the rear. Taken as a total, the GTV 6 system is unique, and provides handling qualities well-known for impressing drivers the first time out.

Which leaves its looks. There are no two ways about it, the GTV 6 is a stopper, no pun intended. The interior is the renowned Alfa Romeo blend of sensibility and sensuality.

Road & Track summed up the GTV 6 thusly, "No twist, no wiggle, no rattles, no bad habits. Real quality."

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The Spider Veloce

Alfa Romeo

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***French tourists** have clambered barefoot to their lofty perch amidst pagoda spires to enjoy sunset over the temple-dotted plain of Pagan*

***In silk finery,** Burmese women in Mandalay perform ritual of appeasing and honoring nats (guardian spiritual beings) with gift of bananas*

The door to Burma opens a little wider

Burma is one of those "fascinating, but . . ." places. It brings to mind Rudyard Kipling, "Vinegar Joe" Stilwell and Chennault's Flying Tigers, U.N. Secretary General U Thant, jade, rubies, and cats. The tourist will find a place where time seems to stand still and everyone wears a sarong-like *longyi,* a mostly Buddhist nation where the tallest structure is a giant pagoda topped with a cluster of diamonds.

But even a deluxe tour starts with a jolting ride in a DeSoto, Hudson, or Nash from the Rangoon Airport to a hotel with boiled vegetables and compote for dinner and a bedroom with a bare light bulb and the sounds of fitful plumbing.

After independence 34 years ago, Burma locked itself away. That's explained in part by the neighborhood: Bangladesh, India, China, Laos, and Thailand. Although now the door has opened to allow up to a week-long visit, last year on 28,000 foreigners entered (compared the two million who entered Thailand).

So present-day tourism here is in its i fancy. One of the first television sets arrive was installed a few months ago the banquet room of the Strand Hot and the most popular soft drink is bu bling plum (there's no Pepsi or Coke).

The visitor's only way in is by plane cruise ship. Most frequent air service from Bangkok, Thailand, to Rangoo daily on Burma Airways; Monday, Thur day, and Saturday on Thai Airways. T 45-minute flight costs $110 each way.

Within Burma, the government trav agency, Tourist Burma, controls all tran portation and accommodations and is i volved with currency exchange. You mu declare all currency and valuables up entering and then keep track of each cu rency conversion on a sheet that gets i creasingly dog-eared. What you have co verted and what you have left shou equal what you brought in. Most visito

In Maymyo, a cool hill station near Mandalay, melancholy garden recalls colonial past

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Tubular robe of pongi (priest) serves as skirt and shorts while washing in cool twilight air

The road to Mandalay, the Irrawaddy River, brings country products to port to be unloaded by hand and head

find that the math soon goes awry. To add intrigue, the official exchange rate is 7.8 *kyats* (pronounced chats) to the U.S. dollar, but some taxi drivers and merchants will give you up to 18 kyats. On departure, the customs official will most likely just shrug you onto your plane.

Touring is limited mostly to the rice-growing plain. Rebels in the more mountainous horseshoe along the borders contest the remaining territory.

The first night, you would stay in Rangoon and as soon as possible fly to Pagan. Transportation in Burma is far from reliable, and since you must be out in eight days, it's wise to save the capital for last so that you can relax about getting to the airport to exit.

City of spires. The single most remarkable destination in the country, Pagan is reason enough for a visit. No one knows what led to the religious frenzy that populated this sere, remote place with spires and pagodas that stretch as far as you can see.

One day gets you into a handful of the best-preserved temples, ending with a view of the setting sun from your perch atop a pagoda. Next day brings you a second sunset, perhaps as you sit on the verandah of the Thiripyitsaya Hotel watching the river reflect the evening sky with a glass of the finest from the People's Brewery. The hotel ($28 a night) sits out among the temples and is one of Burma's newest and best accommodations.

To tour Pagan on your own, rent a bike from the Moe Moe Noodle Inn for 45 cents an hour. Or hire one of the horse-drawn *tongas* (carts) at the center of the village for $1.40 an hour.

Mandalay and the Irrawaddy. Mandalay, the second largest city, was Burma's capital before the British selected Rangoon. Nearby are other cities that served as capitals after Pagan (11th to 13th centuries) and before Mandalay (19th century). Mandalay's center is more sprawling and less shaded than Rangoon's. Several of its pagodas, especially Maha Myat Muni, reward a visit. (You'll spend a lot of barefoot time at temple-filled Burma

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wear easy-on-and-off sandals).

Town and well-gardened lake. Completin the clockwise tour is Taunggyi (tawn-gee and Inle Lake. The lake is home to th Inthas who live, fish, and even garden o its waters. The air is balmy at 2,000 fe in this popular retreat.

The visitor can go no farther east: this i the edge of the golden triangle wher opium is grown. One of Taunggyi's liveli est markets takes place nightly with good smuggled in from Thailand.

Back to Rangoon. On your return, mil dewed, decrepit, but still gracious colonia Rangoon will look quite imposing. Whil the tourist arriving from Bangkok re marks on how light the traffic is, th returnee from up-country crosses th same streets with increased respect. Th city's gilded Shwedagon Pagoda with it hundred surrounding buildings and shop can fill what time you have left.

On your own or with a group

Depending on your sense of adventure there are several ways to arrange you visit to this country, where English is sti widely spoken.

You can prebook everything through tour operator before entering Burma. Th operator deals with Tourist Burma. For five-night tour, expect to pay about $600 including air fare from Bangkok.

On a visit last February, *Sunset's* trave editor arrived in Rangoon with no ar rangements and headed by taxi for th Tourist Burma office at 77-91 Sule Pago da Road to book directly onto a Touris Burma tour. This meant leaving Rangoo for up-country a day later than he pre ferred, but some $70 was saved on th five-night tour. At each stop he was me by a guide, and when planes were over booked or cancelled, he had a greate chance of making alternative plans tha the large prebooked groups.

Or plan your own itinerary and simpl have Tourist Burma make your transpor tation reservations. But you run a real ris of not getting to your destination, sinc tour groups are given preference aboar aircraft—and you may not find a room i the hotel of your choice.

The overnight train between Mandala and Rangoon is an option; read Pau Theroux's *The Great Railway Bazaar* fo an account of that trip and other trai adventures in Burma. Fare is $11.

Instead of flying from Mandalay to Pa gan, you can take the 24-hour Prom Ferry. ($4).

To obtain a visa, stop by the Burmes Embassy in Bangkok. It will be ready i 24 hours. Two of the best guides for visi tors are published abroad but are sold i some bookstores here: *burma*, by Wilhelm Klein (Apa Productions, Hong Kong 1981; $17.59) and *Burma*, by Ton Wheeler (Lonely Planet, South Yarra Australia, 1979; $7).

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During the holidays, the kitchen is the heart of our Sonoma Valley home. Here, the marriage of wine and food fills the air with wonderful aromas and memories of vintages past.

This year, I have asked my mother, Sylvia, and my wife, Vicki to share some of their holiday recipes with our friends.

If you will drop me a note at the address below, I will be happy to send these to you.

From my family to your family . . . Buon Natale!

Sam J. Sebastiani

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DAVID FRANZE

***Cloud-shrouded pali** and lush curtains of vegetation create tranquil place to hike*

Rain-green park on windward Oahu

In Hawaiian, Ho'omaluhia means "peaceful refuge," and this is what the new, 400-acre park near Kaneohe on Oahu's windward side provides. Screened from Honolulu by the cloud-holding folds of the Koolau Range, it's a restful site for picnics, hikes, and overnight camping.

Built by the U.S. Army Corps of Engineers for recreation as well as flood control, Ho'omaluhia contains a headquarters, a 32-acre lake, five camping areas (two—about 60 sites in all—are for family camping), and some 5 miles of trails. The trails are unsigned, but maps are available at headquarters, and guided hikes are scheduled twice daily. The sharp-eyed hiker may spot koloa (native ducks), bulbuls, and other birds sheltered by lush stands of trees and shrubs. Some of the vegetation is quite rare, for the park has been planted with species from the tropic zones of the world: Uganda, India, and of course Hawaii.

Such plants thrive here in part because of the area's heavy rainfall, a fact you should remember when planning a visit. Hikers should bring rain gear, campers rainproof tents and perhaps a tarp to string over their picnic table.

Ho'omaluhia is open Thursday through Monday. Day-use hours are 9 to 3. For campground security, access after 3 P.M. is restricted. Campers must obtain permits at least two weeks in advance from the park, Box 1116, Kaneohe, Hawaii 96744, (808) 235-6636. Send a stamped, self-addressed envelope with your request.

To reach Ho'omaluhia from Honolulu, take State Highway 63 about 8 miles northeast to State 83; turn right, then right on Luluku Road; the park lies at the road's end.

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JERRY FREDRICK FRANS LANTING

***A spotting scope** to bring birds into focus, an apple for an autumn snack—both help birder admire Pacific Flyway migrants like this ruddy duck in her winter plumage*

Liftoff time along the grand Pacific Flyway

Ducks and geese by the millions are migrating now. Here's a guide to the fall waterfowl spectacle

***Snow geese storm** the pewter sky over Klama*

The windy beating of wings, the squawks, the honks, the whistling with the signal of autumn in each raw note: these are the sounds of migrating waterfowl. To listen is to remember seasonal rhythms that modern man has mostly taught himself to ignore; to look upward to see the skeins of ducks and geese threading toward the south horizon is to be called back to a world you might have thought lost.

November marks the peak of waterfowl migration throughout much of the Pacific

in, where millions of waterfowl stop each year

DON NORMARK

Flyway, one of four such flyways in North America. In all, perhaps 15 million ducks, geese, and swans are making their annual passages from their northerly nests to warmer winter homes. Along the way they will be stopping at more than 40 national wildlife refuges (see page 84) and countless other state refuges, marshes, estuaries, and sloughs—from the Scablands of eastern Washington to the Great Salt Lake, from California's Sacramento Valley to the shallows of the Colorado River.

It is a spectacle that once seen is impossible to forget. To enjoy it, you too must migrate to the flyway—an easy day or weekend outing from many Western cities (see map, page 85).

Why birds migrate

Numerous animals, from caribou to monarch butterflies, perform annual migrations. But it is the seasonal disappearance and appearance of birds that has always aroused the greatest part of man's interest and, often, his complete bewilderment. Until the 1600s, it was thought that swallows vanished from Europe's fields each fall to hibernate in lake bottoms; not until 1979 was the summer breeding ground of the tule goose, a subspecies of the white-fronted goose and a frequent winter inhabitant of California, discovered on the banks of Alaska's Cook Inlet.

Most species of waterfowl seen in the West during fall and winter have summer homes far to the north, in the tundra and

***Covey of birders** at Sacramento Wildlife Refuge walked to close view of geese that spend much of the winter there*

***Sharing the expertise** of veterans on a group outing is one good way to get to know waterfowl*

JERRY FREDRICK

***Squatting in the shallows,** geese at Tule Lake Refuge can be viewed on self-guided auto tours (your car serves as blind)*

FRANS LANTING

Bird-watching at the refuges . . . sometimes you walk, sometimes you use your car as a duck blind

forests of Canada, Alaska, even Siberia, and, especially for ducks, in a pond-rich chunk of the northern Great Plains known as the Prairie Pothole Region. In the summer, these lands provide food and nesting sites without the competition from other species the waterfowl would face in more temperate zones. But, like other birds, waterfowl possess a rapid metabolism that requires an ample and continuous food supply which these northern areas can't offer year-round. Were the birds to linger through the winter, they would die, not from cold but from starvation. And so they must take to the skies.

Migration begins at different times for various species in different locales. Redhead ducks may not depart breeding areas in Alberta until late September, while pintails that nest in Alaska may have started their journeys a month and a half earlier.

How do the birds know when to leave? The best guess is that they possess an internal clock, reset each spring when the bird's pituitary gland is stimulated by the increasing amount of time the sun spends above the horizon. Once set, this clock regulates when the bird courts, breeds, molts, and when it prepares for migration.

The most important of the preparations is the storage of fat, additional fuel needed for flights that are arduous in the extreme. Even to an age jaded by jet travel the distances waterfowl fly are impressive. Snow geese regularly journey from Wrangel Island in Siberia to California's Central Valley, a distance of 3,000 miles. While many birds prefer to fly in short hops of 100 miles or so a day (a flying speed of between 40 and 60 mph is average for most ducks and geese), others go 2,000 miles nonstop. They master mountains easily: geese cross the Rockies at altitudes of 12,000 feet.

Waterfowl find their way across these distances through a system of navigation that we are only barely beginning to understand. Certainly their excellent eyesight allows them to use major geographic features—lakes, rivers, mountains—as landmarks. But the birds also fly at night over areas, like the ocean, lacking such features, and there is evidence to suggest that under those conditions they are able to steer by the pattern of stars in the sky. And because some waterfowl migrate even on nights when clouds obscure both the ground and the heavens, there are scientists who believe the birds may tap the earth's magnetic field for use as a road map.

Ever-dwindling number of stopping places

As mentioned earlier, North America has been divided into four migration zones. The Pacific Flyway includes all of the West to the Continental Divide. The Central Flyway encompasses the eastern Rockies and the western Great Plains. The Mississippi and Atlantic flyways mark migrations through the Mississippi Valley and down the Eastern Seaboard. While these broad divisions aid in wildlife management (each flyway has its own council that annually recommends when hunting season should begin and end), the actual migration corridors are much narrower, funneling the birds from their breeding grounds directly toward traditional resting and wintering areas.

The birds find far fewer such places than they did a century ago. As the West was settled, lakes and marshes favored by waterfowl were drained, reclaimed, and put to plow by farmers not anxious to share their harvest with invading ducks and geese. California—winter home to 60 percent of the birds of the Pacific Flyway—has seen more than 3 million of its original 4 million acres of wetlands disappear in this way.

Nationwide concern over this loss of lands led to the establishment of a system of federal wildlife refuges, many of them acquired with funds from the sale of duck stamps to hunters. (Much Canadian land is protected because of the work of Ducks Unlimited, a private group of Americans, largely hunters, that could do what U.S. government conservation agencies could not: restore foreign wetlands to benefit species that pay little attention to national boundaries.)

Today there are 410 national wildlife refuges (not all of them for waterfowl), 76 in the states that comprise the Pacific Flyway. Because they are scaled-down substitutes for much more spacious original habitat, they must be carefully managed to be of most comfort to their avian guests. On many refuges, sharecrop farmers raise crops like rice or alfalfa, taking a certain percentage of the harvest for themselves and leaving the rest for the birds to feed on. Even when commercial crops aren't raised, the refuge manager may have to act as a farmer, deciding which plants are best for his population of waterfowl.

Still, no matter how skillfully worked, the refuges cannot supply all the food the waterfowl require. The birds must also forage on surrounding private lands, and this, too, has become more difficult for them. New agricultural developments (for example, strains of rice that mature earlier in the fall, and harvesters that leave fewer stray grains lying on the field) have made life easier for the farmer, harder for the birds. Privately owned wetlands, such as those held by duck clubs, continue to be converted to other uses.

Quizzical long-eared owl at Sacramento, solitary bald eagle at Tule Lake; along with waterfowl, other birds find homes at refuges

Mapping migration routes and 48 refuges

Here are 48 national wildlife refuges that should harbor the largest numbers of waterfowl through the fall migration. Many refuges have self-guided auto tours and visitor centers; most can supply maps and bird lists.

One fact fall visitors to the refuges must face is that the seasonal concentration of waterfowl brings a seasonal migration of waterfowl hunters. Hunting season runs to mid-January along most of the flyway; however, many refuges allow hunting only part-time, and some keep areas open for birdwatching only.

Unless noted, refuges are open daily dawn to dark. Try to visit early in the morning or in late afternoon, when waterfowl depart for and return from food-gathering flights.

WASHINGTON

Nisqually, 100 Brown Farm Rd., Olympia 95806; (206) 753-9467. Peak counts mid-November to mid-December. During hunting season (daily, starting October 10), only 1½ miles of a 5½-mile walking trail are open; midweek visits best.

The Lower Columbia River Refuge Complex, 1309 N.E. 134th St., Vancouver 98665; (206) 696-7796; includes **Willapa, Lewis and Clark, Columbian White-tailed Deer,** and **Ridgefield** refuges. Migration peaks at Willapa in October, April. Peak counts at Lewis and Clark in late November; refuge accessible only by boat. Peak counts at Columbian come in mid-December; birds can be seen from county roads circling the refuge. Ridgefield is migration and wintering area; hunting every other day starting October 10.

Columbia, 44 S. Eighth St., Othello 99344; (509) 488-2668. In the scablands of eastern Washington, Columbia may see 150,000 ducks in early December. Hunting daily, but on self-guided tour you can view into no-hunting areas.

Conboy Lake, Box 5, Glenwood 98619; (509) 364-3410. Peak counts in February, March; 2-mile foot trail, separated from hunting area, open all year.

Turnbull, Route 3, Box 385, Cheney 99004; (509) 235-4723. Peak comes in October, but many birds remain this month. Hiking trails, 5-mile auto tour. No hunting.

OREGON/WASHINGTON

Toppenish, Umatilla, Cold Springs, McKay Creek, McNary, Box 239, Umatilla 97882; (503) 922-3232. These eastern Oregon and Washington refuges get largest numbers of birds in December, January. At Umatilla, hunting is allowed Wednesday, Saturday, Sunday on Oregon side; Wednesday, Friday, Saturday, Sunday, state holidays on Washington side; best to go on non-hunting days. McKay Creek and McNary: hunting Wednesday, Saturday, Sunday. Cold Springs and Toppenish: hunting daily.

Baskett Slough, Ankeny, William L. Finley, Route 2, Box 208, Corvallis 97333; (503) 757-7236. Winter home to the dusky Canada goose, these pastoral refuges are mostly closed off until spring; part of Finley remains open and may have good viewing.

Malheur, Box 113, Burns 97720; (503) 493-2323. This important area sees greatest numbers of birds in October; some should remain this month. A 42-mile auto route and museum are open weekdays only.

OREGON-CALIFORNIA BORDER AREA

Klamath Basin National Wildlife Refuges, Route 1, Box 74, Tulelake, Calif. 96134; (916) 667-2231. This cluster of refuges (**Klamath Forest, Upper Klamath, Lower Klamath, Tule Lake, Clear Lake,** and **Bear Valley**) offers some of North America's finest waterfowl watching. Peak counts—nearly one million ducks and geese—should continue through November; the basin also hosts the largest number of wintering bald eagles in the lower 48 states. Tule Lake and Lower Klamath have auto tour routes. Upper Klamath has canoe trails.

Modoc, Box 1610, Alturas, Calif. 96101; (916) 233-3572. Hunting Tuesday, Thursday, Saturday.

CALIFORNIA: CENTRAL TO SOUTH

Sacramento, Delevan, Colusa, Sutter, Route 1, Box 311, Willows 95988; (916) 934-2801. November through February, these Central Valley refuges host birds migrating from Klamath Basin. Sacramento and Colusa have auto tour routes; Sacramento has walking trail. Hunting Saturday, Sunday, Wednesday. Nearby, some 10 miles southwest of Gridley, is state-run Gray Lodge Wildlife Area.

Kesterson, Merced, San Luis, Box 2176, Los Banos 93635; (209) 826-3508. November through February, up to 500,000 ducks and geese are guests; view them from auto tour routes. Hunting Wednesday, Saturday, Sunday. State-run Los Banos Wildlife Area is open Saturday, Sunday, Wednesday, with auto tour route.

Kern, Box 219, Delano 93216; (805) 725-2767. Peak time is January, February. During hunting season, closed Saturday, Sunday, Tuesday, Wednesday.

Salton Sea, Box DD, Calipatria 92233; (714) 348-2323. Birds winter here December through March. Best to visit after hunting season ends in January.

LOWER COLORADO RIVER: A TRIO

Havasu, Box A, Needles, Calif. 92363; (714) 326-3853; **Cibola,** Box AP, Blythe, Calif. 92225; (714) 922-2129; **Imperial,** Box 2217, Martinez Lake, Ariz. 85364; (602) 783-3400. Along the Colorado, these refuges host thousands of ducks and geese November through January. Havasu, with Topock Marsh, is perhaps most interesting.

NEVADA: TWO OFF I-80, ONE OFF I-15

Stillwater Wildlife Management Area, Box 1236, Fallon 89406; (702) 423-5128. Favorite stop for flyway canvasbacks. Has 26-mile auto tour route. Hunting daily.

Ruby Lake, Ruby Valley 89833; (702) 779-2237. Important summer nesting area.

Pahranagat, Box 445, Alamo 89001; (702) 725-3417. Some 5,000 acres of marshes.

NORTHERN UTAH

Bear River, Box 459, Brigham City 84302; (801) 744-2201. One of the most important stops on flyway; waterfowl stay until first freeze, usually around Thanksgiving. View birds on 12-mile auto tour. Hunting daily.

Fish Springs, Box 568, Dugway 84022; (801) 522-5353. Hunting daily through January 2.

Ouray, 447 E. Main St., Vernal 84078; (801) 789-0351. Peaks October, March.

IDAHO

Most of these refuges see peak waterfowl counts in October, early November.

Kootenai, Star Route 1, Box 160, Bonners Ferry 83805; (208) 267-3888. Auto tour route open Monday, Wednesday, Friday.

Deer Flat, Box 448, Nampa 83651; (208) 467-9278. Peaks in December.

Camas, Hamer 83425; (208) 662-5423.

Grays Lake, Wayan 83285; (208) 574-2178. Access limited; call first.

Minidoka, Route 4, U.S. Fish and Wildlife Service, Rupert 83350; (208) 436-3589.

Bear Lake, 370 Webster St., Box 9, Montpelier 83254; (208) 847-1757.

(One new program being sponsored by the U.S. Fish and Wildlife Service in California's San Joaquin Valley involves the purchase of development easements: wetland owners keep their property but, for a fee, agree to maintain it as waterfowl habitat.)

Equally important to the future of migratory waterfowl is the health of the birds' summer nesting grounds. The portion of the Prairie Pothole Region lying within the U.S. once covered an estimated 74 million acres; today, because of drainage and reclamation projects, it covers about half that and produces an estimated 5 million ducks a year where once it produced 15 million. Nesting areas in Canada have faced similar pressures. With some exceptions among some species, the Pacific Flyway hears the call of fewer birds than it did 40 years ago, and it may hear still fewer in the years to come.

Following the migration

One good way to begin is to go with a birding group, such as those listed on page 44, whose members can share their expertise.

You will need warm clothes (with their oiled feathers, waterfowl are more naturally suited to November flyway weather than we are). You will need binoculars

MICHAEL THOMPSON

CANADA

Kootenai

WASHINGTON

SEATTLE

MONTANA

Nisqually

SPOKANE

Willapa

Lewis and Clark

Columbia

Toppenish

Turnbull

Flathead Lake

Columbian

Ridgefield

Conboy Lake

McNary

PORTLAND

Cold Springs

Baskett Slough

Umatilla

Ankeny

McKay Creek

William L. Finley

EUGENE

OREGON

IDAHO

Malheur

BOISE

Camas

Klamath Forest

Deer Flat

Grays Lake

Upper Klamath

Minidoka

POCATELLO

Lower Klamath

Bear Valley

Clear Lake

Tule Lake

Modoc

Bear Lake

Bear River

Great Salt Lake

Pyramid Lake

SALT LAKE CITY

Ruby Lake

UTAH

Ouray

Sacramento

Delevan

Stillwater

Fish Springs

Colusa

RENO

Sutter

Lake Tahoe

SACRAMENTO

NEVADA

SAN FRANCISCO

Kesterson

Merced

Pahranagat

San Luis

LAS VEGAS

Kern

CALIFORNIA

Havasu

ARIZONA

LOS ANGELES

PHOENIX

Cibola

Salton Sea

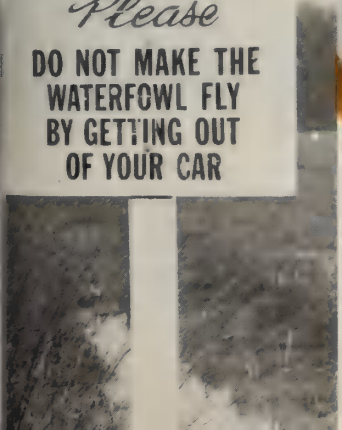
Imperial

YUMA

MEXICO

Arrows mark major migration corridors of Pacific Flyway. From northern nests, waterfowl funnel along these paths to resting and wintering areas at Klamath Basin, Great Salt Lake, California Central and Imperial valleys. Squares denote national wildlife refuges

Salton Sea's low, bare landscape lures waterfowl November to March



Roadside sign gives the word on birding here at misty, green Finley refuge in Willamette Valley

KENNETH W. GARDNER

Pintail duck, *most numerous duck on the Pacific Flyway, derives name from tapered tail feathers. Almost half its population overwinters in California*

GARY R. ZAHM

Snow geese in flight are easily identified by their white bodies, black wingtips

Male mallard, *touching down here, wears bright green head through fall and winter*

(7x35 or 8x40 power); these run upwards of $50 in camera and sporting goods shops, and the novice might do well to borrow a pair.

You will need a guidebook. Roger Tory Peterson's *A Field Guide to Western Birds* (Houghton Mifflin, $9.95); the Audubon Society *Field Guide to North American Birds: Western Region* (Knopf, $12.50), and the *Golden Guide to Birds of North America* (Golden Press, $6.95) all include waterfowl among many other listings. Howard Cogswell's *Water Birds of*

Eight birds you may spot . . . pintail duck to Ross' goose

***Common goldeneye drake** is marked by white patch between eye and bill. For a diving duck, it can take flight with surprisingly few strides*

DAVID B. MARSHALL

***Lesser scaup** can be confused with greater scaup; both winter on Puget Sound, San Francisco Bay*

***Ross' goose** is smaller, less common than similarly colored snow goose*

***Canada geese** are divided into many subspecies of varying size, but all wear white cheek patch*

***American widgeon** spends most of winter in California's Central Valley*

California (U.C. Press, $5.95) is useful for much of the flyway.

One well-illustrated small pamphlet is the U.S. Fish and Wildlife Service's *Ducks at a Distance* ($4; order by number 024-010-00442-8 from the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402). For people who really want to know their waterfowl, Frank C. Bellrose's large, hardbound *Ducks, Geese, and Swans of North America* (Stackpole Books, Harristown, Pa., $29.95) is the standard reference.

And along with binoculars and books, you'll need a certain amount of good-natured patience. Even after repeated searches through the guidebook, you will find that ducks persist in being mysterious; geese will float or flap out of camera range just when you're ready to snap their picture. Part of the pleasure of watching waterfowl is learning to operate on their schedule, not yours.

Among the Pacfic Flyway travelers are the eight species of ducks and geese pictured on these two pages. To identify waterfowl, note characteristics such as size (most accurately judged when you can compare one species to another) and plumage patterns (such as the white cheek patch that marks the Canada goose).

Also observe behavior: dabbling ducks like mallards or pintails are able to make nearly vertical takeoffs from lakes or marshes, while diving ducks such as canvasbacks must first run across the surface of the water, looking a little like frantic commuters trying to catch a bus. □

DARROW M. WATT

Behind this bold new street front is an 80-year-old cottage

Like a stage flat, this false-fronted addition turns what had been a side wall of Robert McCormack's 80-year-old cottage into a dramatic front entrance. The new façade masks a two-story dormer that projects from the house; it frames the lower entry and a small upper-level deck, and it contains a lattice screen to provide privacy for a ground-level master bedroom and bath (shown at far right).

The theatrics of the wall could have overpowered the house behind it, but architect John Duvivier, of Palo Alto, California, blended the two together in form and color. And by extending the ridge rafter in both directions to make a simple gable roof, he gave the formerly hip-roofed stucture the shape of a traditional Cape Cod house.

Since the old house had been covered with shiplap siding, Duvivier decided to use it on both the false-fronted dormer and a garage he added at the side of the house. To emphasize the crisp geometry of the house, he delineated its windows, doors, and walls with bands of wide molding. He tied all the elements together by painting the siding a muted gray and the molding a soft off-white.

Inside, there's also dramatic change. Most of the living space stayed within the existing perimeter, but the house grew from one to three bedrooms. The new roof line yielded enough space for a new second-story bedroom at each end.

In its center, the house is open to the upstairs ceiling, creating a 22-foot-high entry hall. A circular metal stairway leads to a bridge connecting the two new bedrooms. As the sketch at right shows, the front wall masks a relatively small new area, for baths on each floor.

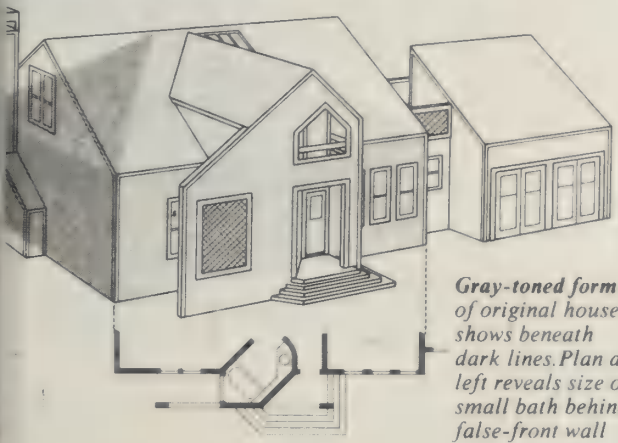
Three new decks at the rear of the house provide additional space for outdoor living. The main deck, behind the new garage, is protected on three sides by walls of the house, the garage, and an outside stairwell. These stairs lead to a private deck above the back half of the garage and off a guest bedroom. (Building code required these stairs for fire safety because there were only circular stairs inside.) The false-front idea extends to this upper deck: the front half of the garage roof shields it from the street.

The third deck is off the living room at the other end of the house.

Deck over garage *uses garage roof to screen view to street. Access to lower decks is from kitchen and living room*

Side view *shows how front ties to dormer-like addition. Second-story balcony is open to sky as roof angles away from façade wall. Light-colored molding wraps edges and windows of house and new garage*

Two-story-high *entry hall has circular stairs leading to bridge that connects new bedrooms*



Gray-toned form *of original house shows beneath dark lines. Plan at left reveals size of small bath behind false-front wall*

Downstairs bath *expanded only 38 square feet. Angled wall, window, mirror add to deceptive space*

Nutty showpieces . . . fall desserts made with Western nuts

Fall brings the great nut harvest—walnuts from California, Oregon, and Washington; almonds and pistachios from California; filberts from Oregon; macadamias from Hawaii; and pecans from Arizona.

To showcase them, we propose two handsome desserts. Both maximize the natural flavor and richness of the nuts.

In the first recipe, the nuts are lightly bound together with an orange-honey custard and baked in a buttery crust. It's reminiscent of a pecan pie, but a generous proportion of nuts to filling makes this dessert less sweet. Use one kind of nut, or a mixture of varieties to create a warm golden mosaic. To make the second dessert, grind nuts to a flour-like consistency and combine in an egg batter with a few zwieback crumbs to make a moist torte.

Although these desserts are at their fragrant prime when warm and freshly baked, you can make them ahead and let stand overnight—or freeze for up to a month (thaw unwrapped).

Essence of walnuts permeates wedge of moist, buttery torte. Concentrated flavor comes from ground nuts that act as flour

To get a good buy on nuts in quantity, you may want to shop at a speciality shop (one guide is to check the yellow pages under Nuts—Edible). There, you can usually find a better selection of shelled and unsalted nuts.

If you shell your own nuts, 1 pound will yield about the following: almonds—2 cups whole, halves, or chopped; walnuts—2 cups whole or halves, 1 to 1¾ cups chopped; filberts—1⅓ to 1½ cups whole, halves, or chopped; macadamias—1 to 1¼ cups whole, halves, or chopped; pistachios—1⅓ cups whole, halves, or chopped; pecans—2 to 2¼ cups whole or halves, 2 cups chopped.

Almonds, walnuts, pecans, and filberts are sold in a variety of forms. But pistachios and macadamias are often only available salted and roasted. Pistachios are usually sold salted in the shell; shells may be left their natural color or dyed. Shelled pistachios may be available at specialty stores.

To use salted macadamias or pistachios in the following recipes, place nuts in a towel and rub off salt (you do not need to remove skin of pistachios, only the salt). Lift out nuts and use as directed.

Nut Mosaic Tart

Use all of one kind of nut, or equal parts of three varieties.

- 3 cups whole or half nuts (almonds, walnuts, filberts, macadamias, pistachios, or pecans)
- Butter pastry (recipe follows)
- 3 eggs
- 1 cup honey
- ½ teaspoon grated orange peel
- 1 teaspoon vanilla
- ¼ cup (⅛ lb.) butter or margarine, melted
- Sweetened whipped cream (optional)

Place nuts (if unroasted) in a shallow pan and put in a 350° oven until lightly toasted, about 10 minutes; let cool. Press butter pastry evenly over bottom and sides of 11-inch tart pan with removable bottom.

In a bowl, combine eggs, honey, orange peel, vanilla, and melted butter; beat well until blended. Stir in toasted nuts. Pou into pastry-lined tart pan. Bake on th bottom rack of a 350° oven until top i golden brown all over, about 40 minute Let cool on a wire rack. Remove pa sides. Offer wedges with whipped crean Makes 10 to 12 servings.

Pour nut mixture of toasted almo filberts, and macadamias into a bu pastry to make this honey-sweete golden nut mo

Butter pastry: Combine 1⅓ cups **all-pu pose flour,** 3 tablespoons **sugar,** and ½ cu (¼ lb.) **butter** or margarine, cut int pieces. Whirl in a food processor or ru between your fingers until coarse crumb form. Add 1 **egg yolk;** process or stir unt dough sticks together.

GLENN CHRISTIANSEN

Ground Nut Torte

- 2 cups coarsely chopped walnuts, filberts, almonds, pecans, macadamias, or pistachios
- 5 eggs, separated
- 1 cup sugar
- ⅔ cup (about ⅜ lb.) butter or margarine
- 1 teaspoon vanilla
- ½ cup finely crushed or ground zwieback toast crumbs
- Powdered sugar
- Whole nuts
- Sweetened whipped cream (optional)

In a food processor or blender, whirl nuts until finely ground like flour (watch closely; overprocessing may turn nuts into butter); set aside.

In a large bowl of an electric mixer, beat egg whites at high speed until foamy. Then gradually beat in ½ cup of the sugar, 1 tablespoon at a time, until whites hold stiff, glossy peaks.

In another bowl, beat together butter and remaining ½ cup sugar until creamy. Beat in egg yolks and vanilla until fluffy. Mix in ground nuts and zwieback crumbs.

Gently stir in about ⅓ of the beaten whites to lighten mixture. Then gently fold in remaining whites until blended. Pour into a greased and floured 9-inch cheesecake pan with removable bottom or spring-release sides.

Bake in a 350° oven until a wooden pick inserted in center comes out clean and top springs back when gently touched, 45 to 55 minutes. Let cool on a wire rack (cake will settle slightly). Remove pan sides. Lightly sift powdered sugar over top; garnish with whole nuts. Cut in wedges and offer with sweetened whipped cream, if desired. Makes 8 to 10 servings. □

East-facing and protected *from ocean winds, San Francisco garden soaks up whatever morning sun it can. Fog tempers the climate and there's no frost. Nasturtiums spill over wall. Here, early-morning fog is burning off to reveal city's skyline*

Remodeled Victorian *opens at floor level to 20- by 27-foot leafy garden enclosed by fences, lattice panels. Pea gravel (inexpensive, easy to spread, drains well) is confined by 12-inch-long 2 by 4's set vertically in concrete. Landscape architect: Kenneth Pedersen*

Gardening in tight quarters . . . lessons from San Francisco

How to make every inch count, gain privacy, save views

Small-space garden design is a taxing and often frustrating challenge more of us face, both as lot sizes diminish and whenever we want to divide a garden into smaller, more usable outdoor "rooms."

For years, city dwellers have had to cope with this challenge—how to gain privacy from neighbors and accessibility from the house, how to edit a view and make every bit of space count. What they have learned can work in today's suburban gardens, too.

To find workable solutions, we turned to San Francisco, the city in the West with the highest population density—more than 15,000 people per square mile. For the most part, it's a city of shoulder-to-shoulder houses where private gardens are

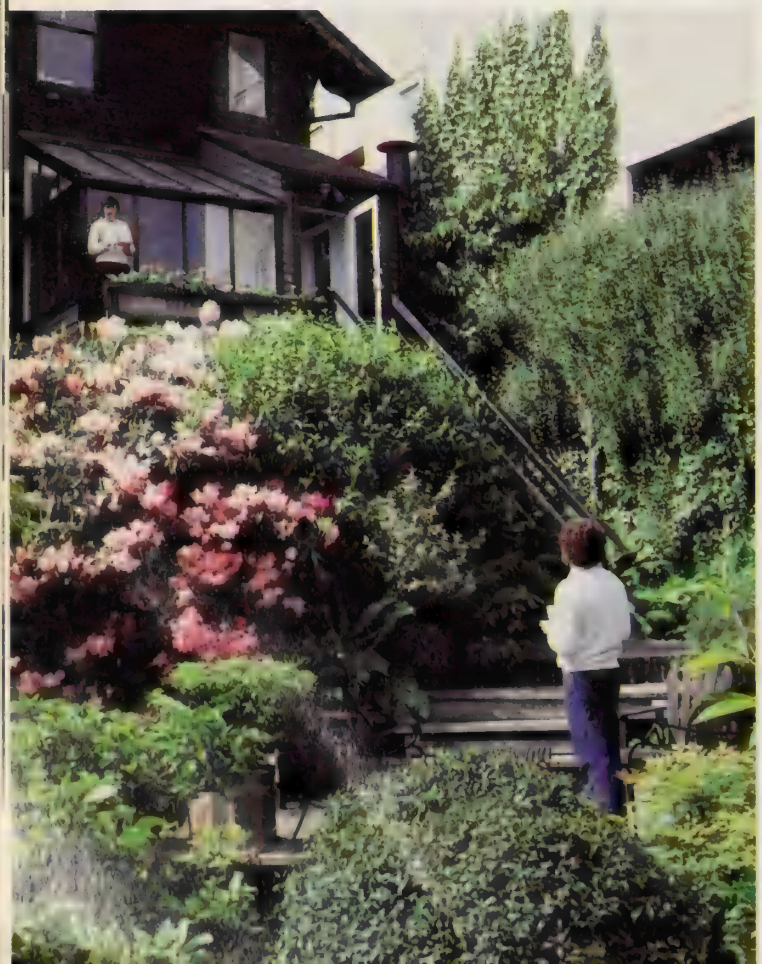
NORMAN A. PLATE

Big new window opens house to narrow garden. At end of 20-foot deck is terraced hillside garden of tree ferns, nandina, azaleas, white-flowering plum. Lighted at night, the 12- by 40-foot garden can also be enjoyed from within house. Access to deck is by door at far left. Before remodeling, house turned its back to garden, ignored the space. Design: Marc Miyasato

***Year-old garden** gains its mature, woodsy look and privacy from existing trees here and on neighbor's lot. From a 12- by 17-foo floor-level deck off kitchen and dining room, steps lead down to 25- by 32-foot paved planting area. Raised bed of brick with cobblestone base and cap elevate plants. Owners: Laurel and Elson Lui. Design: Charles M. Grimala*

When the garden is small and steep . . . terraces, steps, a floating deck

***Disguising steepness** of Jerri and Dan Golden's 44-foot-wide garden are 'Pink Pearl' rhododendron, camellias, and mounding plants. Midway on the slope, a 9- by 11-foot deck floats among the plants. Design: Garry Bernhardt*



***Terraced beds** of cobblestone give Virginia and Granger Hill plenty of planting space. Before, they seldom ventured into their steep, 54- by 50-foot garden of overgrown rhododendrons and camellias. Design: Charles M. Grimaldi*

NORMAN A PLAT

Master of small garden design . . . Thomas Church

***Outdoor room** between house and street looks both tropical (tree ferns) and Oriental (pines, ground covers). Clivias, agapanthus add seasonal color*

'he late Thomas D. Church may not be he landscape architect who invented mall-space gardening, but he certainly elped get people out of their houses and nto their gardens. Whether Church was lesigning a lavish estate or a pocket-size ity garden, he meant it to be used, not ust looked at.

Church's own garden, shown here, has had two lives.

When he and his wife, Betsy, moved into he house in the 1930s, he designed a ormal, fairly traditional garden with a traight walk from curb to front door, ined with boxwood-edged planting beds.

Redesigning it in the 1950s, Church retained some of the formal crispness—such as the crisscross treatment of the ivy growing on the garden wall. But the new design is more relaxed; a wider, curving walk brings you up to the house in a gracious, indirect manner. At one side of the walk and removed from the traffic pattern (far right of picture) is a flat, graveled area for sitting and entertaining. The design solved the problem of what to do with space that must function as both entry and private garden.

Paving patterns, plant textures enliven 27- by 70- foot garden that tretches from house to street. Semicircle of cobblestones designates itting area off curved entry walk. Wide caps on raised beds in background make ow benches; pilings serve as stools. Landscape architect was Kenneth Pedersen

hidden. You can walk or drive for years on a particular street and never know what lies behind the façades. Yet San Francisco has a wealth of small-space gardening achievements. We took our camera behind the architecture for a look at some of these delights.

These gardens shatter misconceptions and give the results broad application. Not every house and garden has a spectacular view; it only seems so. And despite all those hills, there are many flat gardens.

Reaching the garden: access and visibility from the house

If you don't create an easy way into your garden, you'll seldom use it. For comfortable access, you may have to add a deck, steps, and doors out from the house.

Visibility is equally important. Gardens shouldn't be just for outdoor viewing; they should also be seen from within the house and designed accordingly.

Indoor and outdoor spaces should flow together with little or no obstruction. On pages 92 and 93, you see two small gardens that emphasize the importance of accessibility and visibility. Only an 8- by 10-foot window separates the couple having breakfast from their garden.

Coping with grade changes

Hillside situations call for changes in grade, some subtle, some acute. In the examples shown at the top of the opposite page, the change is modest and the transition is eased by a floor-level deck and steps down to the garden.

Lattice panels *and double gates close off side entrance to garden. Along walk, narrow planting beds are edged with boxwood, planted with camellias. Eugenia hedge on right hides windowless wall of neighbor's house. Design: Clifton Hart*

NORMAN A. PLAT

Privacy in the making*. Ficus standards at right form hedge above fence line, screening windows from view of nearby houses. Sitting area in background adjoins deck and spa off the kitchen. Landscape architects: Johnson Guthrie Associates*

Tight-space privacy: lattice, trees, hedges, ivy

Nine-foot-high *lattice fence gives instant privacy to 20- by 40-foot U-shaped garden. A year later, eugenia (left) had grown above fence, clematis and potato vine had almost covered background. Bricks were old house foundation. Design: Paul Vincent Wiseman*

The two examples in the lower color photographs on that page are solutions to steep grade change. The idea is to divid the slope with one or more flat or terrace areas connected by steps that bring yo up or down in stages. Plantings camou flage those reference points that reve the steepness of the slope.

How a garden looks from above is impor tant, too. In selecting flowering plant choose those that have upward-lookin blossoms to enjoy when you look down.

Making the most of the space you have

In some situations, the only garden spac is on the street side, so the area mus

Ivy walls and ivy floor—and not surrounding buildings—are view from house, whose rear wall was remodeled with glass. Tiny 12- by 25-foot space has 9-foot-square on-grade deck for sitting and containers. Design: Frank Persides

***Looking down on narrow garden**—also seen in color on page 93—note how high fence shields windows along one side of house. But how much nicer than a bare fence to have it covered with a pattern of ivy. The ivy, trained on plastic rope, is shaped every few months with a cordless trimmer. It took two years to cover the fence*

ouble as both entry and outdoor living pace. The two gardens on page 95 are xamples. They rely on plants that look ood year-round, with paving and leaf extures that add interest. In most cases, uch gardens are some distance from the ouse and kitchen areas; you should make hem particularly inviting so you won't nind the inconvenience of carrying out rays of food or refreshments.

What about privacy?

Gaining privacy is an essential goal for ity gardens. On these two pages, you see ome ways to achieve it by using screening and plants, singly or in combination.

Lattice has a light look that offers varying amounts of privacy and creates a windbreak without blocking air circulation. It also provides a handsome background for plants and a good support for light vines.

Ivy, both Algerian and English, grows almost too well in San Francisco and is both loved and damned. Out of control, it's a mess. When it's tamed, you can do almost anything with it. The wall of Algerian ivy in the top photograph on this page is cut back severely in late winter to show its branching structure against a now-concealed background of reed screening. (The inexpensive screening is stapled to plywood fence panels.) The other two pictures show English ivy controlled in an attractive diamond pattern across the property-line fence.

Editing the view

Fences and plants, used to gain privacy, can also edit what you see, but sometimes you have to go above the fence height to hide neighbors, power poles, and other views you'd like to live without.

In the garden seen at the top right on the opposite page, a row of *Ficus microcarpa*

***Meandering path** of flagstones interplanted with fragrant herbs curls around a birch- and grass-covered mound and ends at a secluded sitting area. The space seems much larger than its 25 by 50 feet. Design: Kathryn Mathewson*

***S-shaped brick** walk and steps of railroad ties and lava rock lead you down to lower terrace in Hill garden (lower right on page 94). From high deck, you look down on tapestry of plant shapes, foliage color, upturned flowers*

Informal country look in small space? Possible

***Focal point** at end of brick walk is a 17-foot-wide sitting-entertaining area under redwoods. Perimeter plantings were reshaped for privacy. New plants were chosen for seasonal color and fragrance, set in clumps and drifts instead of rows. Owners: Anne and Don Winks. Design: Garry Bernhardt*

nitida standards was planted along the property-line fence. They'll form an aerial hedge above it, leaving the valuable space below for other kinds of plants.

Even in the city . . . country-like informality

The biggest surprise to come out of our excursions to city gardens was to find a spontaneity that violates the common notion that small spaces should have a more or less formal look.

The gardens you see on these two pages are like little country gardens, superbly fitting their surroundings. Without looking wild or haphazard, they allow a softness of planting. Curves instead of sharp cornered modules lend an inviting meandering quality.

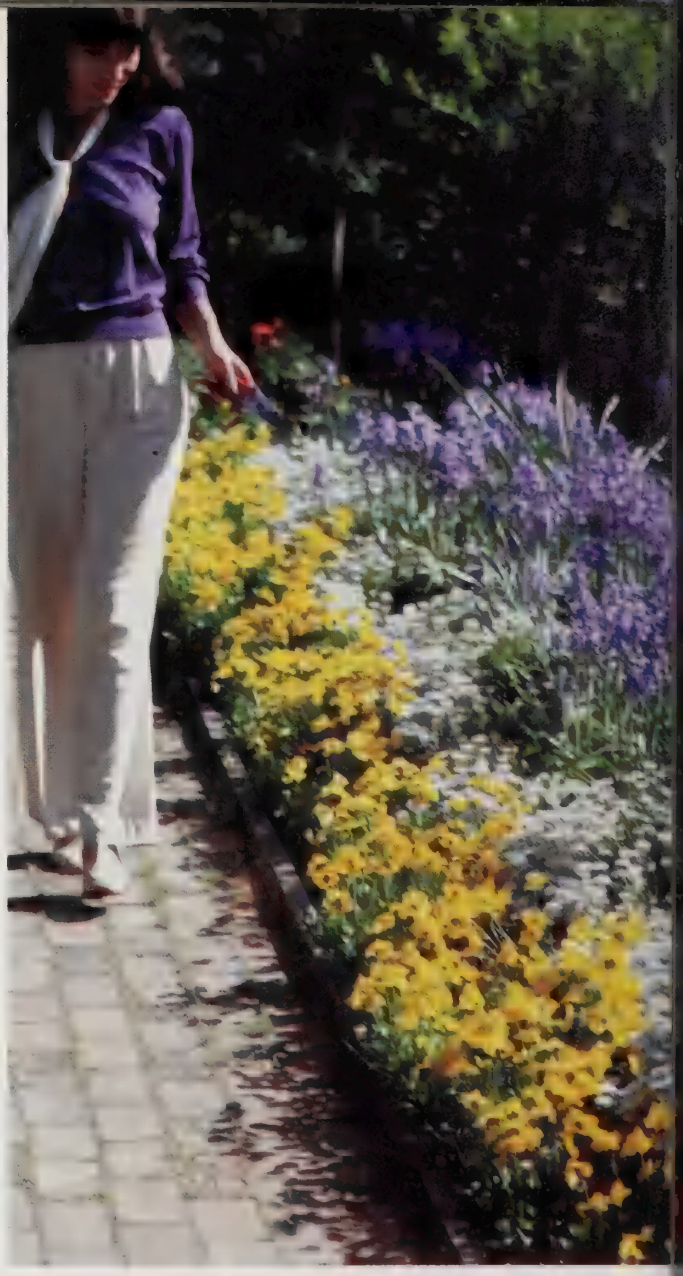
If you are a plant collector, you can indulge yourself in this kind of garden since it doesn't matter too much where you put in new plants. In many kinds of garden designs, where every plant has its place, such random plunking could be disastrous, but here it's part of the effect.

NORMAN A. PLATE

Out in the country? No, in San Francisco. *Surrounded on three sides by houses and lot-line fences, Roger Bernhardt's 20-foot-wide dog-leg garden behind his 1898 house has a marvelous tranquility and rural quality. Old arbor is all but smothered by heavily fragrant Jasminum polyanthum. Bulbs, perennials pop up where they want. Willow bench and chairs in front of pittosporum screen were bought from a street vendor in the 1930s for $1 apiece. Design: Garry Bernhardt*

FRANK JENSEN

In patchwork drifts. *Clumps of erect tulips punctuate low, frothy swatches of white evergreen candytuft, white arabis, magenta aubrieta, and lavender phlox*



DAVID STUBBS

In contrasting bands. *Above, yellow violas, white evergreen candytu and blue scilla edge a path. At right (facing page), bright dens planted tulips and perennial alyssum pop out against a green backd*

Bulbs and friends

Along with bulbs you plant annuals, perennials. They look good while the bulbs are blooming. They perform before and after bulbs bloom

Combine spring-blooming bulbs with certain companion plants, and suddenly they sing out like a hallelujah chorus. Well-chosen companions can pop dark-flowered bulbs out of the shadows, augment striking colors, or bind together a random assortment of bulbs.

They also help you stretch the more expensive bulbs over more territory: with an understory to fill gaps, you can space bulbs a third farther apart without diminishing their effects.

The most promising bulb companions are low-growing, lacy-textured, relatively small flowers that enhance the bulbs rather than compete with them. The best ones also extend the bloom season, covering the soil before bulbs appear, distracting attention from their foliage as it dies, and continuing the show after bulbs finish.

On these pages we show six combinations. On page 103 are more suggestions.

Plant this month in mild-to-moderate-winter areas. In cold-winter climates,

EFF TEETER

In bouquet-like borders. *Below left, seed-sown pink linaria ties together 'Wedgwood' Dutch iris, a short-nosed narcissus, and a twin-flowered 'Thalia'. Below right, deep-hued 'Blue Ribbon' Dutch iris stand out against a bright field of California poppies*

STEVE MARLEY

JERRY FREDRICK

To stretch bulbs. *Daffodils are planted a third less densely than tulips above because inexpensive fairy primroses fill the gaps*

Daffodil bulbs and primrose plants go in together in November. By next April they're all in bloom

W. D. A. STEPHENS

Plant bulbs. *Loosen and amend soil to depth of 10 inches. Toss bulbs in pattern you choose, then plant*

DARROW M. WATT

Add companions. *Space them over the bulbs in checkerboard-style. Water at once, then as needed to supplement winter rains*

Enjoy April bloom. *Fairy primroses complement daffodils in their prime. Later, they'll hide drying daffodil foliage. For color, see page 101 at lower right*

plant hardy bulbs now, but wait until early spring to plant their companions. You can start the companions from seeds or plants.

Three planting designs

The color photographs show variations of three planting patterns. You can adapt each to large expanses or compact pocket plantings, or even to window boxes.

Plant bulbs or seeds as they fall to the ground. Set bedding plants randomly or in checkerboard fashion, with plants in one row centered in front of gaps in the next row.

Drifts of patchwork-like swatches, as shown at upper left on page 100, can economically cover large areas or gentle slopes, if you use seeds and only a few bulbs. After preparing soil, mark patchwork patterns with a hoe or stake. Scatter clusters of five to a dozen bulbs each, aiming for a pleasing flow throughout the bed as well as within each group of swatches. Cover the bulbs first. Then scatter seeds, cover lightly with soil, and water. Later, you can tuck compatible bedding plants into any spots that fail to germinate. (Or set out bedding plants instead of seeds.)

To combine colors, use the following sequence with all the bulbs, then with all the bedding plants or seeds: Start with the most dramatic color—in our example, red tulips only, then magenta carpeting plants. Shadow that with a second related color—here lavender. Then fill in with a unifying third color—in our example, several whites.

Three variations of planting in ribbons or bands are shown—with two colors (top picture on page 101), with three (upper right on page 100), and with two colors interplanted and a third edging them (lower right on page 101). A monochromatic scheme, with two or more plants of the same or similar colors, can also be dramatic.

Random mixtures of confetti-like colors and textures, such as the linaria group at lower left on page 101, need a close-up setting; seen at a distance, they fade out. But they're pleasing for containers, in nat-

ıralized gardens, or near doorsteps, patios, or windows.

For an informal arrangement that will stand out even from a distance, use flowers with strong colors and large, simple shapes, such as the iris and poppy combination on page 101.

About the bulbs

Below we list 10 of the most popular fall-planted bulbs and bulb-like plants, in two groups by size—from most expensive (80 cents each) to least (17 cents each). Prices are much lower if you buy in bulk. Plant all bulbs in a sunny, well-drained site. F indicates the bulb is too frost-tender for cold-winter climates.

The large, most expensive bulbs

Plant these 6 inches apart—or 8 inches with an understory of companion plants.

Dutch hyacinths. Plant 6 inches deep. White, blue, pink, yellow, or salmon flowers about 10 inches tall. Bloom in April.

Daffodils and other narcissus. Plant 5 inches deep. Yellow, white, or bicolors, often partially pink or orange. Use kinds 1 to 2 feet in height. Bloom between December and April, depending on variety.

Tulips. Plant 6 inches deep. All colors but true blue, including many blends. Use varieties 1 to 2 feet tall for combinations given here. Bloom April into May.

Dutch iris. Plant 4 inches deep. Choose from dark to light blues, white, yellow, brown, purple, or blends, all with yellow markings. Two-foot blooms appear in April.

Smaller bulbs

These are best in solid clumps or rows. Plant 4 to 6 inches apart.

Scilla. Plant 3 inches deep. Blue, rarely pink or white bells hang from 8- to 12-inch stems from January to April.

Freesias (F). Plant 2 inches deep. Gold, lavender, purple, rose, or white trumpets on 8-inch stalks. February into March.

Sparaxis (F). Plant 3 inches deep. Salmon, orange, pink, red, or white flowers, all marked with yellow and black patterns. To 12 inches tall. February into April.

Ranunculus (F). Plant 2 inches deep. Almost all colors but blue to purple. Stems 1 to 2 feet tall. February or March into April.

Anemones (F). Plant 2 inches deep. White, blue-purple, or red, often with a white base and black center. Foot-tall stems bloom from March into May.

Grape hyacinths (*Muscari*). Plant 3 inches deep. Blue-purple bells clustered on 6- to 8-inch stalks bloom from March into April.

About their companions

Bedding plants cost about 18 cents each in sixpacks, slightly less in larger quantities. Space them 6 to 10 inches apart. Unless otherwise mentioned, companion plants bloom long enough to coincide with most common forms of the bulbs listed. In the combinations suggested under each companion plant, bulb names are italicized for easy reference.

Start from seeds

Sow where you want these plants to grow—it's fast, easy, inexpensive.

Sweet alyssum. Fluffy clusters of white, rose, purple, or lavender flowers are 2 to 6 inches tall. Low growth, fine texture, and similar colors make this plant a good substitute for many perennials (aubrieta, evergreen candytuft, phlox). For subtle shadowing, use drifts of different plants of similar color (as pictured at upper left on page 100).

Try rose alyssum under pink *tulips*, or lavender alyssum with paper white *narcissus* or yellow *ranunculus*. Plant a carpet of purple alyssum under dark purple *tulips*, and add an edge of basket-of-gold alyssum. Buy plants rather than seeds to combine with very early-flowering bulbs such as *narcissus*.

Brachycome. Thumbnail-size daisies in blue, violet, rose, and white. Filmy-leafed mounds grow 9 inches high. Use brachycome in bands, drifts, or bouquet-like borders with *daffodils*, pink, orchid, or yellow *tulips*, or *Dutch iris*. Choose late-flowering bulbs to accompany this late bloomer.

Linaria. Diminutive snapdragon-like flowers in pink, rose, yellow, lilac, and other pastels, each blotched with a contrasting color. Wispy spires rise 9 to 15 inches. This fine-textured, confetti-like flower is best up close, sprinkled among bulbs, rather than in a separate swatch or strip. It complements all the colors in the *daffodil* clan. Add blues for contrast: selected *anemones* or *Dutch iris*, or forget-me-nots. For a slightly more formal effect, add an edging of *grape hyacinths* or *scilla*.

Virginian stock (*Malcolmia maritima*). Lacy, 12-inch mounding plants in white, blue, violet, or pink. They bloom as quickly as sweet alyssum from seeds, so mild-winter gardeners still have time to order them. One source is J. L. Hudson, Box 1058, Redwood City, Calif. 94064 (75 cents for a mixed packet, plus 35 cents postage). Use in drifts with *Dutch hyacinths* or *tulips*.

Baby blue eyes (*Nemophila menziesii*). Sky blue bowls with white centers bloom 6 to 10 inches tall. Briefest of the companions recommended here, but an exceptional understory for naturalized yellow, white, or orange-marked *daffodils*. Or try them in the mixed bouquet pattern with assorted *narcissus* and *linaria*.

California poppies. Glowing orange-yellow cups held 8 to 24 inches high are familiar favorites; for variety, try the pure yellow, cream, or reddish hybrids. Set white, purple, or orchid *Dutch iris* in a sea of yellow or orange poppies. Or try clumps of *sparaxis* in drifts of yellow or red poppies. If you let foliage dry back naturally, both poppies and bulbs will return each year.

Or use annual bedding plants

These are fast, prolific, all-season performers. When they finish, just yank them out and start over.

Forget-me-nots. Wisps of pale to deep blue (rarely pink or white) on 6- to 12-inch stems. A top candidate for the delicate bouquet effect: sprinkle plants among white or gold *narcissus* and *ranunculus*. Or try a more formal effect with a light blue carpet beneath pink, white, or yellow *tulips*.

Johnny-jump-ups. Bouncy, pansy-shaped flowers 6 inches tall with yellow faces and purple ears (less commonly, all purple). Petite size makes them most effective up close. Plant with yellow violas beneath *narcissus* or *tulips*. Or plant in drifts with gold and purple alyssum, or aubrieta accented by clumps of yellow *ranunculus* or *daffodils*.

English primroses. Sturdy, 12-inch stalks of red, blue, yellow, purple, white, apricot, or magenta flowers with a contrasting yellow eye. They're annuals in hot climates, perennials in cool summer areas. Their crispness contrasts effectively with floppy bulbs such as *sparaxis* and *freesia*. Cluster yellow primroses with sparaxis. Plant clumps of red and blue primroses around gold freesias. Pick up the yellow eye in mixed or selected primroses with a band of yellow *daffodils* or *ranunculus*.

Fairy primroses. Clouds of white, pink, lavender, or rose float about 12 inches above tufts of rumpled leaves. Surround *daffodils, Dutch iris*, or *tulips* with airy swirls of pink or white primroses. Add a border of contrasting color, or sprinkle in a few forget-me-nots.

Iceland poppies. Translucent cups of yellow, orange, salmon, rose, pink, or cream balance on 1- to 2-foot wire-thin stems. Interplant in drifts with mixed *tulips* of similar shades—when back-lit by sun, they seem a shimmering reflection of the more substantial tulips. For contrast, sprinkle in a few yellow *daffodils* or blue *anemones*. Or add clusters of yellow or white *Dutch iris*.

Violas (*V. cornuta*). Perky stands of flat-faced yellow, white, purple, blue, burgundy, apricot, or bicolored flowers nod on 6- to 8-inch stems. Use a dense carpet of yellow violas beneath deep blue or brown *Dutch iris* to pop them out of the shadows. Try deep burgundy violas with basket-of-gold alyssum and *sparaxis*. Plant white violas beneath white *tulips*; sprinkle in a few forget-me-nots.

Or use perennials

These have shorter bloom than most annuals, but perform year after year.

Aubrieta. Pale to deep purple or rose flowers rise 2 to 6 inches high. Best adapted to cold-winter climates. For ways to use, see the upper left photograph on page 100 and suggestions under snow-in-summer and both kinds of alyssum.

Basket-of-gold alyssum (*Aurinia saxatilis*). Webs of bright yellow, 8 to 12 inches high, cover floppy gray foliage for 6 to 8 weeks in April and May. Use it to bring out the yellow in *sparaxis*. Wrap it around a bed of *anemones*. Plant in drifts with other perennials around *tulips* or late *daffodils*.

Snow-in-summer (*Cerastium tomentosum*). Silvery 6- to 8-inch-high foliage is as handsome as the white flowers that cover it in spring. Use in drifts with other low-growing annuals or perennials with yellow *daffodils*, purple *anemones*, or blue *scilla*.

Evergreen candytuft (*Iberis sempervirens*). Rounded domes of shiny green foliage disappear under 8- to 12-inch-tall masses of white flowers in late winter and spring. This versatile white enhances any bulb; two examples on the preceding pages show it at its best. Plant in drifts with purple alyssum and silvery snow-in-summer under clumps of yellow *daffodils, tulips*, or *ranunculus*, or in rows with *grape hyacinths* or *scilla*.

Moss pink (*Phlox subulata*). Electric pink to lavender or white flowers 6 inches high cover bright green mats in spring. A top choice for cooler climates, but not suitable for Southern California. Use like candytuft or to set off white *tulips* or *Dutch iris*. □

1 • *Halfway through cooking time, whole onions join the turkey to roast to mellow fragrance; sweet potatoes bake to creamy tenderness on rack above. Later, bell peppers and chestnuts nestle in flavorful pan juices*

2 • *The oven does all the work: you don't even baste the turkey. Schedule the addition of vegetables so everything is ready at the same time. Stuff the bird or not, as you like; pan drippings make good gravy*

No-recipe Thanksgiving

Easy on the cook . . . almost everything cooks with the turkey

The beauty of this Thanksgiving menu lies in its simplicity. The key ingredients bake with the turkey in the oven; they retain their natural looks and intrinsic flavors, and make the preparation easy on the cook. Because you actually do so little cooking with this menu, we've dubbed it the "no-recipe Thanksgiving."

As the turkey roasts, you add, in sequence, onions in their skins, sweet potatoes or yams, chestnuts, and bell peppers to bake in the rich pan drippings or alongside. The turkey and vegetables create a wholesome, appealing meal, as shown on our cover.

It's a meal to serve 8 to 10, with planned leftovers of turkey. Choose a salad and dessert from family favorites, or offer a first-course salad of Belgian endive and watercress with an oil-and-vinegar dressing flavored to taste with Dijon mustard. The recipe for the nut tart is on page 90. If you want to stuff the bird, consider the recipe in this month's *Kitchen Cabinet*.

Endive and Watercress Salad
Roast Turkey with All the Trimmings
Italian Sausage Stuffing
Whole Roasted Onions
Baked Sweet Potatoes
Thanksgiving Chestnuts
Roasted Red or Green Bell Peppers
Cranberry Relish
Crusty Rolls and Sweet Butter
Nut Mosaic Tart **Whipped Cream**

Serve with a dry White Riesling.

Roast Turkey with All the Trimmings

1 turkey (12 to 14 lbs.)
2 or 3 sprigs, about 4 inches *each*, fresh rosemary, thyme, and oregano (or 1 teaspoon *each* dried herbs)
Italian sausage stuffing (page 181), optional
Whole roasted onions (following)
Baked sweet potatoes (following)
Thanksgiving chestnuts (following)
Roasted bell peppers (following)
A cluster of fresh rosemary

Remove neck and giblets from turkey and save for other uses. Rinse turkey inside and out. Place sprigs of fresh or dry herbs in body cavity, or lay herbs on turkey if you stuff it. Secure skin over opening of stuffed bird with thin skewers and tie legs together with string.

Place turkey, breast up, in a shallow roasting pan (not on a rack) that is at least 11½ by 17 inches. Roast on the lowest rack of a 325° oven, allowing about 15 minutes per pound (3 to 3½ hours for a 12- to 14-lb. bird) or until a meat thermometer inserted into thickest portion of thigh (not touching bone) registers 180°; leg should jiggle easily.

About 1½ hours before turkey will be done, add the onions to pan and put sweet potatoes in oven on rack above the bird.

About 1 hour before turkey will be done add chestnuts and peppers to pan.

When the turkey is done, lift from pan (use pot holders to protect hands); drain

3 • *Split hot onions in half; you cut away skin to eat. Arrange with bell peppers, sweet potatoes, and chestnuts on platter with turkey. Fresh rosemary will make a fragrant garnish*

***Simple** but traditional Thanksgiving: only the cooks know how little effort was involved in presenting turkey with the trimmings*

TERI SANDISON

juices from unstuffed bird into pan. Place turkey on a very large platter or serving board. Let turkey stand 15 minutes before carving; keep vegetables warm. Arrange vegetables around turkey or on separate platters; garnish with rosemary.

Skim and discard fat from pan juices; pour juices into a serving container. Carve turkey; pour juices over individual servings of meat and vegetables. Serves 8 to 10, with turkey for leftovers.

Whole Roasted Onions. Place 4 to 5 whole unpeeled **onions** (each about 3 inches in diameter) in the roasting pan around the turkey. Bake in a 325° oven until onions give readily when gently squeezed, about 1½ hours. Lift from pan and cut each onion in half through stem end.

Baked Sweet Potatoes. Scrub 8 to 10 slender **sweet potatoes** or yams (each about 6 inches long) and pierce in several places with a fork. Place potatoes on the oven rack above turkey, or in a separate oven. Bake at 325° until potatoes give readily when gently squeezed, about 1½ hours. Slit open tops of potatoes and add a pat of **butter** or margarine to each.

***Pour** lean and richly browned pan juices, intensely flavored by onions and chestnuts, over servings of roast turkey and vegetables*

Thanksgiving Chestnuts. Place 2 cups (about 1 lb.) **dried chestnuts** (available in Italian or Oriental markets) in a 2½- to 3-quart pan. Add 6 cups **water.** Bring to boiling over high heat. Cover and simmer until tender to bite, about 1½ hours; add water, if needed. Drain. (Or use 1 or 2 cans, *each* 15½ oz., whole chestnuts from fancy foods store; just drain.)

Scatter chestnuts in pan with turkey, pushing down into pan juices. Bake in a 325° oven until very tender when pierced (or until turkey is done), about 1 hour. Lift out chestnuts with slotted spoon.

Roasted Bell Peppers. Cut out stems from 4 or 5 large **red** or green **bell peppers** and remove seeds and pith. Tuck peppers in juices around turkey. Bake in a 325° oven just until tender when pierced and wrinkled, but not limp, about 1 hour. Cut in halves to serve. □

Going down. *Vertical travel is no problem for Ann Melbye; a modified truck hoist takes her from back porch to garden below*

DON NORMARK

Wheelchair-height counter *is convenient for coffee break. Wall ovens are set low here, within cook's reach. Light switches (at end of counter) are also low*

Remodeling with a wheelchair in mind

Here are ways to improve getting around, make kitchen work more convenient, bring necessities into easier reach

How do you create a comfortable, cheerful, and noninstitutional living environment for a family member who has limited mobility? For someone reliant on a wheelchair, cane, or other aid, simple alterations around the house can make the difference between dependency and independence.

Those alterations needn't cause inconvenience to other members of the family. In fact, wheelchair-respectful changes often make life more pleasant for everyone. Generously wide doors, flush door sills, smooth floors or low-pile carpeting, and the absence of small skidding rugs can all make a house seem simpler and more serene. Extra space in the garage or an oversize shower stall—big enough to wheel a chair into—are luxuries the whole family will enjoy.

Whether you're designing, remodeling, or adapting a house to accommodate a disabled person, several areas are critical: level changes, kitchen, bedroom and bath. The photographs here and on the following pages report how some Western families have handled modifications in these spaces.

Changes of elevation

Indoors and out, replace stairs with ramps wherever possible: the rule of thumb here is a rise of 1 inch per foot. In the photograph below, you see how tactfully an entry ramp blends with the landscaping and exterior of Bob Soldo's house.

Residential elevators, including stair seats, are also available. For suppliers, look in the yellow pages under Elevator Contractors.

Outside, smoothly paved walks can make a garden suddenly accessible. Ann Melbye uses a hydraulic lift to get to hers from the back porch outside her kitchen (see pictures at far left). Constructing raised beds may allow wheelchair gardeners to get their hands in the dirt—and ease the strain on other gardeners' backs, too.

Calculating dimensions

Work with the wheelchair occupant in adapting the living environment, outside and in, to his or her needs. People's heights and arm reaches are different, and wheelchairs aren't standard; dimensions suggested on these pages are intended only as guidelines.

Comfortable reach of the individual when seated should determine the height of light switches and electric outlets. Thermostats are easiest to see and operate when installed at the eye level of the person in the chair.

The kitchen

Choose appliances carefully; selecting from standard stock, you should be able to find satisfactory combinations. Look for a stovetop that allows knee space below, with switches mounted at the front so it isn't necessary to reach across hot burners or pots to use the controls. Built-in ovens can be set at any height. Plan to have a heatproof surface nearby for setting down hot pans.

Sinks are best when unenclosed below (but be sure to insulate the hot-water pipe

***Gently rising ramp** from driveway to front door goes almost unnoticed, but allows Bob Soldo free access to house and grounds on his Watsonville, California, ranch*

***Open plan** and extra-wide doorways give Susan Searing's ground-level house in Sequim, Washington, a generous sense of spatial flow*

DAVID STUBBS

***Bird-watching** from ground-level deck is frequent pastime for Bob Soldo; unobtrusive 2-by-4 edging prevents wheelchair from rolling off*

Bonus pan storage: *wheelchair cook can reach sliding rack in often-unused corner space under sink*

Faucet handle *that permits fingertip control is easier than conventional knobs. It might be side-mounted, too*

Toe space *8 inches high, kneehole space, handy placement of switches all help Martha Nelson's kitchen work for her*

DAVID STUBBS

Pull-out board, *one of several in Bob Soldo's kitchen, doubles as work surface as he prepares to use microwave oven on counter*

Knee-high microwave *is grouped with two conventional ovens in this kitchen*

to prevent burned knees). Choose a single-lever faucet handle instead of two knobs, and consider mounting this at the left or right instead of at the back of the sink. In one kitchen we saw, the double stainless steel sink has a shallow 4½-inch-deep section for vegetable preparation; a cutting board fits across it. Here again, searching out a standard unit with this feature can pay off.

One cook likes a slide-out shelf below the sink, giving handy access to the cleaning supplies.

Consider narrow counters—16 to 18 inches instead of the standard 24 inches. At least some of the counters should be low (30 to 32 inches) and have electric switches and outlets or strip plugs at the front. Plan to leave enough kneehole space under a counter so the wheelchair occupant can get close enough to work or eat without awkwardness.

On cupboards, smooth-rolling sliding doors are easier to manage than hinged doors that require backing out of their way. Better yet, skip the doors and put in pull-out shelves or deep drawers for pots and pans. Or hang pans within reach

In the kitchen, counters at wheelchair heights, appliances and tools within reach

Cutting board *(it lifts out and stores nearby) is lower than counter, at workable height for Susan Searing to prepare vegetables while seated*

Kitchen was remodeled *by Janean of San Francisco to suit Ann Melbye's needs. Cooktop was set in 32-inch-high counter with knee room below, front-mounted heat controls. All heights were scaled to Mrs. Melbye's wheelchair*

DON NORMARK

(straight pegs are often easier to deal with than hooks). If you're installing new cupboards, you might want to have some of them custom-made with extra toe space underneath—it should be about 6 inches deep and 8 to 9 inches high.

Lazy Susans can be a great convenience. Use the idea to make a revolving storage closet for cooking or cleaning supplies. In Martha Nelson's dining room, she can set the table from one position because the entire table revolves.

Most kitchens we saw had several pull-out boards used as work spaces or as tables for quick meals. One great advantage of the boards is that they can provide lower surfaces while other counters remain at conventional heights. We saw a pull-out board in one kitchen designed to fit on top of various drawers, providing work surfaces at several levels.

Bath and bedroom

The bathroom should be roomy enough for a wheelchair to turn and move freely. For added space within the bathroom, install the door so it swings out, leaving at least a 32-inch-wide opening.

A light switch on the wall outside the bathroom, set about 36 inches up from the floor, may be an added convenience. Inside the bathroom, provide easily reached plug-ins for hair dryer and shaver, and a low towel rack.

Roll-in shower stalls, at least 5 feet square, are becoming usual. Two available amenities are hand-held shower heads (we show one kind on the next page) and thermostatically controlled water temperature gauges that don't permit the water temperature to fluctuate with changing water pressure. Place strong grab bars (mounted to studs) where needed, and provide soap on a cord to hang within easy reach.

It's ideal to have bed and wheelchair seat the same height; Bob Soldo, a tall man, had 4-inch risers put on his bed to make it match the seat height of his chair. Put a solid table or chest beside the bed, with a reading lamp that is easily switched on and off, and a telephone. Allow at least 3½ feet between bed and wall or other furniture, so that it's easy to transfer from chair to bed.

Whenever possible, replace knobs with handles. They are almost always easier to operate on doors and drawers (and especially on faucets).

A roll-in closet is handy, but so is one without a door. Or use accordion-folding doors. The quality of the doors you choose is not too important, but never skimp on hardware. Buy the best tracks and slides you can find: they operate the most easily and last the longest. Closet rods hanging 48 inches above the floor work for most adults; rods for children should be set at 36 inches. Shelves and plastic storage containers can hold most clothes that would otherwise go into drawers.

Access to an exit in case of fire is vital: a

Extra roominess in the bathroom, good planning in the bedroom

BILL ROSS

Full-length mirror *hung sideways and tilted is used from wheelchair by Charles McCannell, Northridge, California*

DAVID STUBBS

Bright, uncluttered bathroom *has pocket door, low washbasin that's open below, and reachable light switch and razor outlet*

DON NORMARK

Niche in bedside table *holds pair of crutches. Intercom, telephone, and lamp switch are all in reach*

Hand-held shower head, *a great convenience, should be set at best height for user, as should sturdy grab bars*

Ironing board *swings down from closet in Martha Nelson's sewing room by means of counterweights in the wall niche*

ground-level bedroom with sliding doors leading to a deck or patio is ideal.

More help

Here are some publications you may wish to consult for more information:

How to Create Interiors for the Disabled, by Jane Randolph Cary (Random House, New York, 1978; $5.95).

Getting There, primary author Raymond Lifchez (California Department of Rehabilitation, 830 K Street Mall, Room 128, Sacramento 95814; free).

Design for Independent Living, by Raymond Lifchez and Barbara Winslow (University of California Press, Berkeley, 1982; $9.95).

Housing Adaptability Guidelines (Peoples Center for Housing Change, 1424 Old Topanga Canyon Rd., Topanga, Calif. 90290; $4.20 postpaid).

Be OK (Fred Sammons, Inc., Box 32, Breakfield, Ill. 60513). Free catalog of self-help aids.

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Rectangular end table	$249	**$189**
Dining table	$599	**$499**
Secretary base	$699	**$599**
Secretary top	$399	**$299**
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23 or 27"	$25	**20.00**
29, 31 or 32"	$30	**24.00**
35 or 36"	$33	**26.40**
43"	$37	**29.60**
48"	$50	**40.00**
60"	$55	**44.00**
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20% off in-stock vertical draperies.

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The cost of a typical window:

	Reg.	Sale
36x84"	$115	**$ 92**
60x84"	$170	**$136**
72x84"	$180	**$144**

Other sizes:

28x48" pecan or brass rod	$35	**$ 28**
48x84" pecan or brass rod	$50	**$ 40**
66x120" pecan or brass rod	$60	**$ 48**
"Lucia" louvers	$40	**$ 32**
"Rain" or "Spiceland" louvers	$55	**$ 44**

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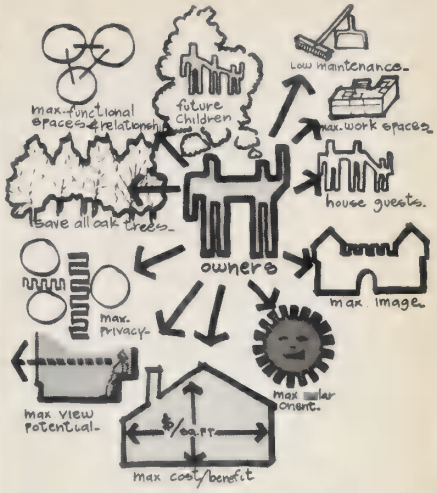
DARROW M. WATT

***Architect George Cody** shows Judy and Neil Ingles of Palo Alto, California, alternative plans for expanding their house*



***Client's requirements** are symbolized by Sausalito architect Robert Davis*

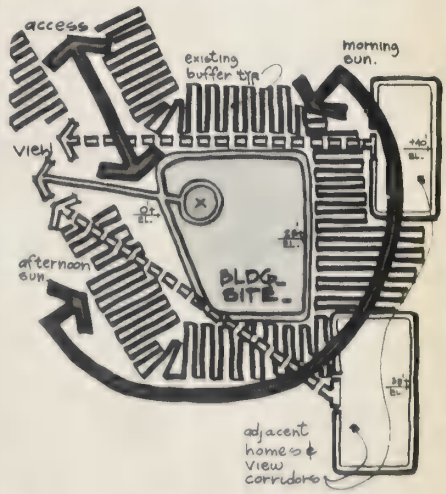


***Diagram analyzes** site contraints for house shown on page 118*

Choosing an architect. Working with an architect. Why? How?

Working with an architect, some homeowners feel, can be expensive, unnecessary, and even intimidating.

But especially in times of inflation, the right architect can be a homeowner's best friend. His or her knowledge of energy use, building materials, and labor costs can save you more than enough money to cover the fee, and an original, well-designed house—one that is strong, functional, and responsive to its site—is a daily joy as well as a good investment.

Architects offer a variety of services; they may agree to do anything from minimal consulting to total design, contract development, and construction overseeing. Naturally, you pay accordingly.

Choosing an architect

There is no pat procedure. Ask people whose design judgement you trust for recommendations. Watch newspapers and home-service publications like *Sunset* for work you like, taking note of design credits.

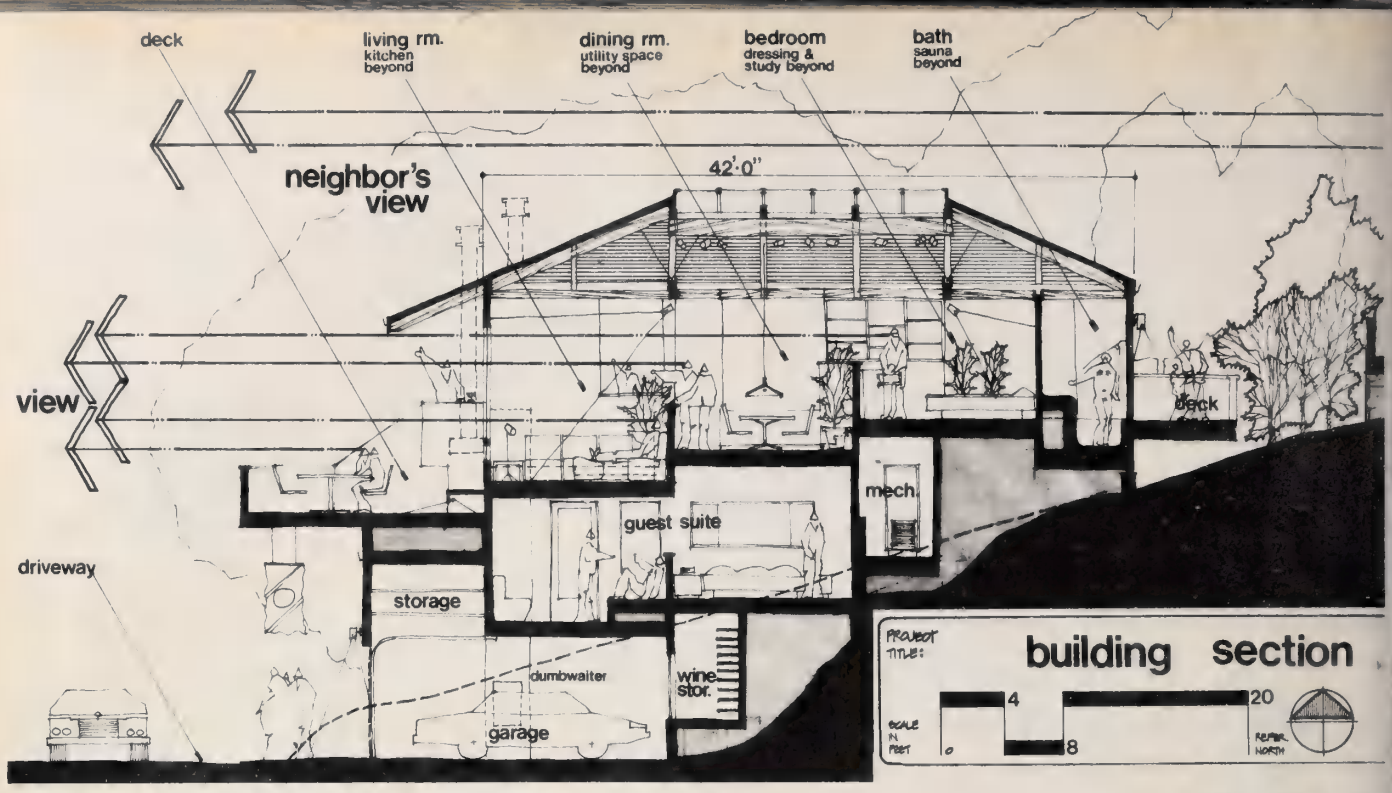
Not all architects choose to be members of the American Institute of Architects (AIA), but you can write or call the local AIA for a list of architects suitable for your type of project. Then telephone several firms and describe the work you have in mind. If they seem interested, ask for a brochure or arrange an interview. Even if they aren't interested or available, they may be willing to recommend another firm that will suit your needs.

If you receive brochures, evaluate the firms' design approaches and capabilities. Then interview four or five architects, asking questions about their experience with your type of building, their time availability, working procedures, and fees. In larger firms, be sure to talk to the individual who would be handling the project.

At these early meetings, you will have to determine not only if you like the architect's design abilities, but also if you can get along with him or her during what may be a long and stressful process.

Seattle homeowners Marion and Michael Fukuma interviewed several architects before selecting the Bumgardner Partnership to remodel their house. They advise, "Choose an architect that you feel is approachable, one who doesn't make you feel he or she is an ARCHITECT and that you need to be in awe. On the other hand, be fair. You can drive an architect (as well as his fee) up the wall by constantly changing your mind."

How are charges set and fees figured? Some architects charge for preliminary interviews, some bill for this time only if



***Building section** showing a Sausalito house as if sliced through suggests how the three levels will interconnect, also acknowledges neighbor's view lines. Cardboard model gives a 3-D view of deck, rooms, entry walk*

GLENN CHRISTIANSEN

they get the job, and still others will give short introductory interviews without charge. Some architects specify a lump sum if the job is relatively simple. Others use an hourly or daily rate, especially in the early stages. This ranges from $25 to $100 per hour. Some use a multiple of expenses, a professional fee plus expenses, or most traditionally—when the architect is hired to stay through construction— a percentage of the building costs, often 8 to 15 percent or higher. (Some clients feel the latter offers no motivation to keep costs down; some architects feel it penalizes them for doing so.)

Whatever the basis, payments are usually spread out over the course of the work.

It's a mistake, however, to base your choice primarily on the fee, which is a minor percentage of the total construction cost and is often outweighed by the architect's background, expertise, ability to communicate, and the chemistry that exists between you.

When you've narrowed your choices, ask one or two architects to take you to homes they have done in the past. Look them over carefully. Ask the owners how satisfied they are. Molly Agras, of Stanford, California, told us, "One architect took us to his own house to make a point about traffic flow. We found the house utterly charming and innovative—just the sort of house we'd buy. Then I really did know I could rely on him."

By this time in your search, you should know whether you do need an architect's services (your interviews may suggest you need only a general contractor).

Let's say you've selected someone. His or her work will consist of four major phases: design, construction documents, bidding and negotiation, and overseeing construction. (Some architects break these into three or five stages, but the steps are basically the same.)

A visit to the site . . . then learning your needs, life style, budget

To develop a plan for your house or major remodel, the architect needs to know your site, your life style, your needs, your dreams, and, of course, your budget. This may involve a good deal of research.

First, the architect inspects the lot or existing building. Then by talking and working with you, sometimes assisted by a detailed questionnaire, the architect develops a "program," a framework reflecting your particular needs.

This is a time of intense communication, and the more open and observant you are, the more input your architect will have to work with. You and your family might make a list of likes and dislikes about your present house, being specific about how it meets or fails to satisfy your daily needs.

Your architect will want to know who will be using the house, what activities are likely to occur inside and out (and how often), eating habits and cooking styles, sleeping and bathing habits, privacy needs. You'll discuss work and display areas, storage space, automobiles, pets, and maintenance, as well as transitions, focal points, sun angles, views, and levels of formality. You'll consider family growth or change and how the house should respond through time. If you have strong preferences for colors or materials, tell your architect.

On a more emotional level, you'll explore the feelings you'd like to create with the space (comforting, playful, intimate, grand) and any images you'd like to capture in spirit (Swedish farmhouse, Italian villa, space bubble).

Reno architect Peter Wilday encourages clients to "drag out their collection of pictures cut out of magazines like *Sunset* and not be embarrassed about them. They always breathe a sigh of relief, then point out all the things they like. By the time we sift through these assorted bits and pieces I have a better idea of what they are comfortable with."

You'll also tell the architect how much money you have to spend, what your priorities are in using it, and how firm the budget is (be honest). Check with bankers, contractors, and others involved in

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Compare this finished house by architect Robert Davis to section drawing on page 116

building finances so you can develop a realistic base figure.

Weaving the answers into a design

Now the results of this research are organized into a design. The architect may make rough diagrams showing how the functional areas interrelate. He may sketch alternatives for siting and, continuing to consult with you, work toward more detailed drawings and floor plans.

The possibilities may seem as endless as your capacity for discussing them, but in time you and your architect must decide on a plan.

Usually the best work results when both of you keep open minds. The architect must try to satisfy your needs, but remember that you have hired talent and experience, and you are wasting your money if you don't listen to his or her ideas.

Says San Diego architect Rob Quigley, "We like clients to provide active and aggressive criticism, while having absolute faith in us. Usually not until they see the finished house do they realize the many levels of understanding we work on."

As the design is developing, your architect will also be preparing construction cost estimates, including leeway for rises in costs as the building proceeds. These estimates are based on square-footage construction costs for your area, adjusted for your particular project. Ask about additional expenses such as soils reports, surveys, energy-use calculations, and permit fees.

With today's high costs, most people find that what they want is 25 to 50 percent over their original budget. Be prepared either to spend more or to accept some alternatives—perhaps smaller rooms or less expensive materials or less custom detailing. An incremental building plan, for instance, might allow you to build in stages as finances permit but still end up with a house that feels right and looks unified.

Often a clever architect can turn what initially seem to be sacrifices into design advantages by coming up with unexpected but creative solutions.

"What if I don't like it?"

As ideas get translated to hard lines on paper, you may entertain doubts and second thoughts. Will the architect change his drawings?

In these early stages, revisions are possible and even encouraged; later they will be expensive and difficult. It's up to you to ask questions and state openly what you want or don't want. Keeping quiet and hoping for the best is a losing approach—as is rushing ahead with the plans without thoroughly studying them.

At last, blueprints to look at

Soon you'll receive detailed drawings. A site plan will show how the house relates to the land, streets, or buildings around it. It will show grading and possible landscaping. Floor plans will indicate rooms, halls, closets, storage areas. Specifications will list which materials and finishes shall be used and indicate the mechanical and electrical workings of the house.

Looking at the drawings, try to walk mentally through the house. The AIA booklet *You and Your Architect* suggests several questions to ask. "Does the circulation work well? Does each space serve the purpose intended? Are you happy with its appearance? Do you agree with the floor, wall, and ceiling finishes? Door types? Windows? Built-in furniture?"

If you have trouble translating the plans into a 3-D image, make a model of the house by photocopying the plans and gluing them on cardboard. (See "Building a model" in the July 1979 *Sunset*.) Your architect might also make a model for his study and your understanding.

Now you'll be given a more accurate cost estimate; review this carefully.

Second and third stages: construction documents, bidding, negotiations

Once the plans are understood and approved by all, the construction documents phase begins. From this point on, your involvement with the architect will decrease—but assuming that his or her ser-

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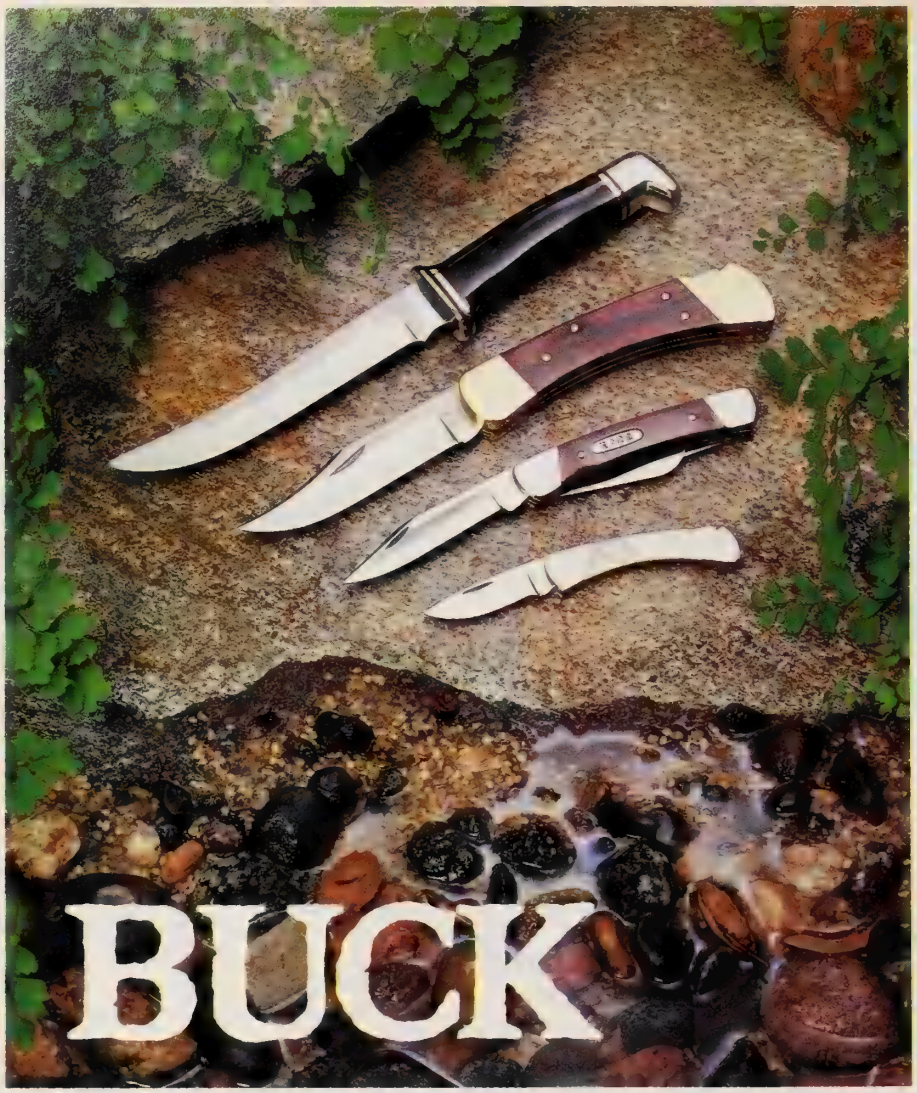

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vices are retained through the next phase, periodic contact will continue.

Technical plans are now drawn by the architect or his staff and consultants. These drawings are elaborate translations of the earlier ideas and preliminary plans into the language of contractors and builders. When these are done, they are submitted to "beauty boards"—various environmental and design review boards—for approval. (Phoenix architect Terry Sewell feels that ability to work well with city hall is another selection criterion.)

Now the architect, if still on scene, will help you hire a general contractor. This selection can be based on competitive bidding, or you may simply select a contractor from recommendations and interviews and then negotiate a contract.

For competitive bidding, the architect sends bidding documents (drawings, specifications, bidding forms) to firms known for good work. Within a given time frame, the prospective contractors submit sealed bids. Usually the firm bidding lowest is selected.

Perhaps more expensive, but certainly less risky, is the negotiated contract. Often architects have contractors with whom they've worked well in the past. If you agree to hire the recommended firm, your architect will help you or your attorney work out a contract, based on a set figure or construction costs plus a fee. Sometimes a guaranteed cost limit is set and bonuses are offered for cost or time savings.

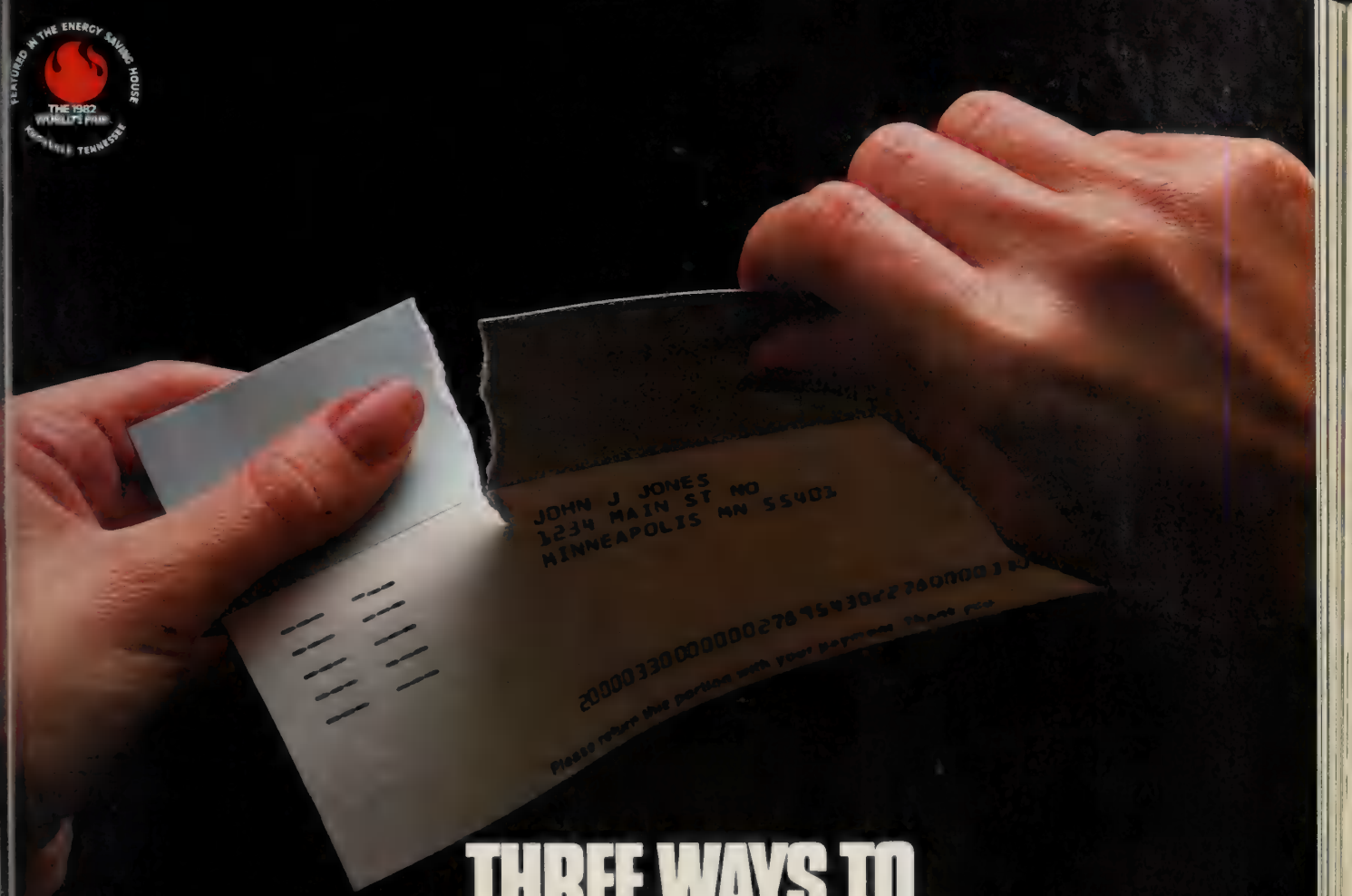
It's the contractor's job to obtain proper building permits and to oversee actual construction. As work progresses, the architect will visit the construction site occasionally to make sure work is on schedule and the workmanship is acceptable. He approves materials and equipment, certifies payment to the contractors, and may mediate minor conflicts between you and the builders.

As move-in time approaches . . .

The architect also handles the almost inevitable changes resulting from seeing the project take shape. Something as minor as moving a skylight or removing a cabinet can suddenly make it necessary to alter plans, readjust the budget, and ask for a "change-order." For these occasions, it's important to have the architect on call.

When the project is finally complete and the power and gas are turned on, you and the architect prepare a final "punch list" of nonfunctioning items or workmanship corrections for the contractor. Once they are corrected, final payment is made and the warranty period (usually lasting one year) begins.

No matter whom you choose or what you pay, you won't ever get the perfect house. That's the one that's still in your head, and will always remain there. But in partnership with a talented architect and capable builders, you may come very close. □



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DAVID STUBBS

Shelves and storage under the stairs

By capitalizing on extra space under a stairway, Berkeley architects Bernard Stein, Robert Swatt and Kenzo Handa gave owner Patricia Wrubel a hard-working and dramatic storage wall for her new 10- by 17-foot study. Conventional shelves set alongside the stairway would have taken up too much space in the narrow, hall-like room, so the architects treated the stairs as a large piece of built-in furniture, with room for books and files below.

***Stepped shelves,** open railing, and tall window grid dramatize corner of study*

The zigzag contour of the cutout echoes the pattern of the stairsteps. At the base, three two-drawer file cabinets extend 30 inches under the steps. Above them, three successively shorter, 12-inch-deep shelves rest on two 1-inch-diameter oak dowels linking the frame of the stairway with the window wall. A desk will occupy the blank space to the left of the files.

Larger dowels were used to create the open railing. Together the geometries of railing, window, and bookshelf turn one corner of the study into an eye-catching focal point.

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DAVID STUBBS

***Wood-trimmed skylight** centered above remodeled kitchen puts pans in easy reach*

***Ready-made** pot hangers slip over wooden rack; screw collars add finished look*

Pot rack in the skylight . . . it's wood

Custom-built pot racks are welcome but often costly additions to a kitchen. San Diego architect Carl Strona found a way to build a pot rack without the expense of a metal one—he made it out of wood. His rack lines two sides of the 6-foot-long skylight well added to Nancy and Jim Groves's kitchen when it was remodeled.

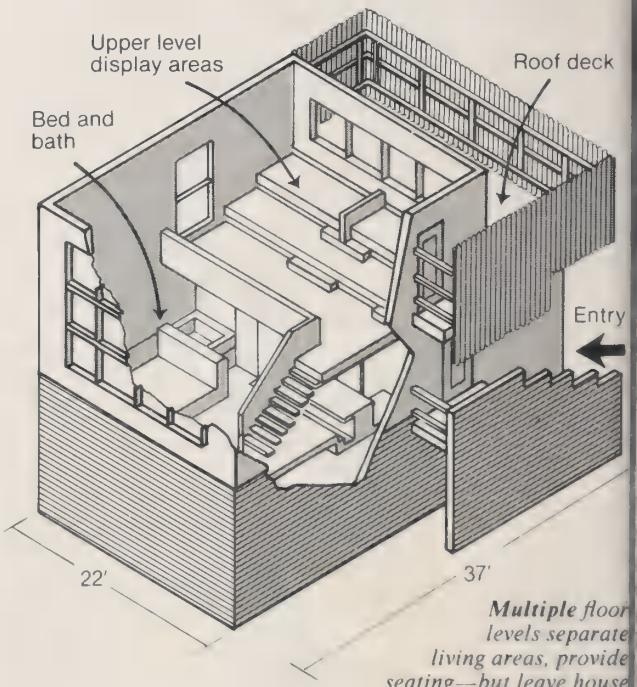
The rack is made of ⅜- by 1⅝-inch round-edge molding spaced ⅜ inch off the wall with 1-inch-wide molding scraps. Every 16 inches, two brass screws with collars hold the rack and spacers to the 2-by-4 border nailed to the lower lip of the well. (To prevent splitting the thin molding, the holes for the screws were predrilled.)

The Groveses found ready-made pot hangers that slip over the molding. □

Big and bold *but carefully proportioned, uncovered window is open to east view. Lifting first floor level gives privacy*

Largest space *enjoys view through the giant window. Built-in bed is also couch, reading place*

Outside it's a simple block. Inside is another matter . . . wide open, eight different levels, built-in furniture



Multiple *floor levels separate living areas, provide seating—but leave house feeling big and open*

L-shaped partition *masks utility area while providing shelving for stereo and a wall surface for art*

Pull-out bins *use space under bed for storage of linens, clothing, even magazines*

Slot *between kitchen counter and raised floor gives leg room below bar where three can sit*

DON NORMACK

***Streamlined window seat** on top level is part of the stepping-up process. Door leads to sheltered roof deck.*

This startling house is a careful custom design suited to an atypical lifestyle, that of a Seattle art dealer who lives alone and entertains frequently. But there are lessons here for anyone working with strict limits on space and budget.

Owner Linda Farris asked architect Mark Millett to design a small house suitable for a single person or a couple. She wanted space to display her large bold art collection, and she wanted a view. She also wanted to be able to throw large parties comfortably, and to do so in a house with little conventional furniture.

Millett licked the cost problem with simple design and durable but inexpensive materials. And he happened to find a sloped view lot already equipped with a usable foundation from an earlier house lost to fire.

Over the old 22- by 37-foot foundation, he designed a 1,200-square-foot house; it's a simple block, but it rises 31 feet in height. To assure plenty of head room in the basement (in case the owner decided to finish it later), he lifted the first floor 6 feet above ground level.

Inside, eight levels define four basic living areas: entry-entertaining; kitchen, utility, and bath; sleeping quarters (really a multiuse room); and an upstairs gallery room with a roof deck. The stepping of levels helps define spaces but leaves the whole house relatively open and gives each space something of the veiw beyond. With the help of stacks of large cushions, the ascending levels provide ample seating throughout the house.

***Steps** with only partial risers give glimpse of lower areas, but spaces do not intrude on one another. Big windows here and on the opposite wall help balance the light*

The house uses gypsum board over 2-by-6 framing with R-19 insulation. Exterior siding combines 1-by-4 tongue-and-groove cedar and corrugated galvanized steel. Floors are 4-by-8 sheets of ½-inch particle board with a Swedish oil finish. □

Yes, it's possible. A teen-ager's closet is neat

DARROW M WATT

***Stacking drawers** (unit consists of three separate pieces) fit in closet, giving active teen-ager more floor space in room*

A teen-ager's closet is seldom worth emulating, but this one may be an exception. San Francisco designer Antonio Torrice recognized that hanging clothes was a small part of Brad Klapper's storage requirements, so he played down traditional hanger storage and used more closet space for folded clothes and for items hung on slat-mounted hooks.

Torrice began by dividing the closet into two parts: one side is for stacking portable drawer units; the other is for hanging clothes, shoes, hats, and sports miscellany. Creating a divider wall in the center, he faced the right side of the closet with ¾-inch birch plywood. Then 1¾-inch strips were nailed horizontally to the plywood, with small spacers inserted to allow enough room behind for clip-on hooks.

The odd-shaped double hooks are actually over-the-door ironing-board holders, available for $2 to $3 at some houseware departments and hardware stores. (If you can't find them, you could bend your own from thin metal.)

The 3-foot clothes pole can be adjusted to various heights, though Brad finds that most of his clothing requires only waist-high hanging. His longer bathrobe hangs from a hook on one side. □

***Low clothes pole** holds shirts, jackets, folded pants. Hats and shoes hang above; sports gear stashes under clothes*

***Shoes perch** on ironing-board hooks that slip over narrow wood slats nailed to the inner closet wall*

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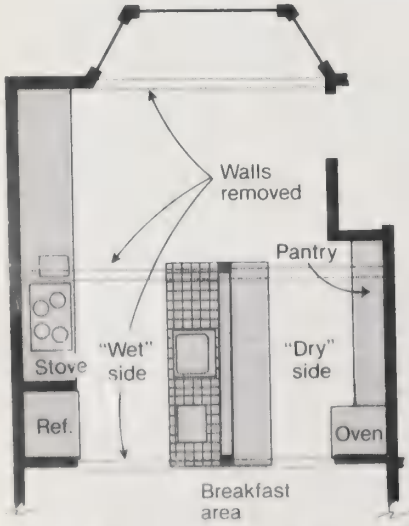
GLENN CHRISTIANSEN

***Split-counter island** lets several people get involved in preparation without crowding; note change in counter heights*

Mother works one side, daughter the other on this divided kitchen island

***Baking center** has low wood-topped counter with spice shelf and appliance plugs at hand*



"Wet" side has sink, dishwasher; it faces stove and refrigerator

Splitting the work counter was a requirement when Linda and Don Desimini asked Portland designer Ralph Cereghino to remodel their kitchen. "I wanted Ralph to separate my daughter and me so she could bake while I cooked," Mrs. Desimini explains. The divided island keeps mother and daughter close enough to talk easily but far enough apart to work on different tasks at the same time.

The island has a "wet" side and a "dry" side, as well as two counter heights. The wet side, 36 inches high, has tiled counters and backsplash; beside the sink is a dishwasher. The dry side is 3 inches lower, a more comfortable height for working dough, and is topped with solid birch edged with oak. Plug outlets and a spice shelf are built into its backsplash.

Stovetop and refrigerator are built into perimeter cabinetry on the wet side; oven and pantry are along the dry side.

This remodel nearly doubled the size of the Desiminis' kitchen; it involved adding a windowed bay and removing three walls. The oak-faced posts you see at either end of the work island support ceiling loads formerly handled by two of these walls.

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Before you buy any
compare the newest

Introducing the 1983 Olds Firenza.

For years, small cars have been built with only one thing in mind. Economy. But now comes a new, small car called Olds Firenza. And Firenza's designed for more than economy. Firenza's designed for *people.*

Firenza LX Sedan

People who still think a car should be comfortable. And stylish. And downright fun to drive. But then, this isn't just any small car. This small car is an Oldsmobile.

Compare inside.

The problem with so many small cars is they seem like they're only built for small people. Not so the new Oldsmobile Firenza. No knees under your chin here. No twisting yourself into a pretzel getting in and out. Firenza's one small car built – brace yourself – with room. Lots of it. In fact, Firenza sedan offers more room than Toyota Corona. More than Honda Accord. More than Mazda GLC. More even than Datsun Maxima. Which is good news for your legs, as well as your passengers. The carpet is cut-pile. The front seats are reclining buckets. The instrument panel, sporty. And every inch, from ceiling to seat belts, is color coordinated.

Compare outside.

Hatchback, sedan or wagon, Firenza says fun. The sporty lines tell you that. But they also tell you Firenza is aerodynamically efficient. Door seals are body-mounted, and wheel housings insulated, to help keep outside noise *outside.* And both windshield and rear window are flush-mounted to reduce the whistling-sound engineers call "wind rush." And drivers call annoying.

Compare up front.

Up front is where Firenza's roadability got its start back in 1966. That's when Oldsmobile became the

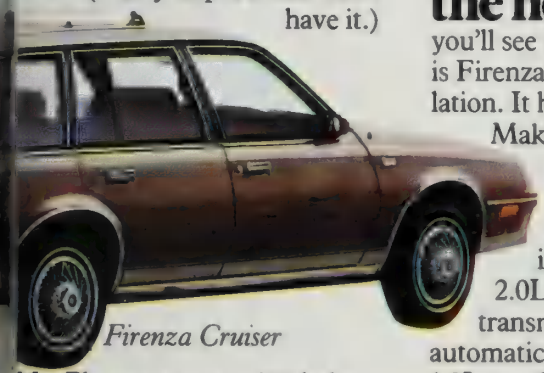
GM

Let's get it together... buckle up.

*Use estimated mpg for comparison. Your mileage may differ depending on speed, distance, weather. Actual highway mileage lower. Some Oldsmobiles are equipped with engines produced by other GM divisions, subsidiaries or affiliated companies worldwide. See your dealer for details.

ew small car, mallest Oldsmobile.

contemporary U.S. auto com- to introduce front-wheel drive. (Many imports still don't have it.)



Firenza Cruiser

MacPherson suspension helps e your ride will always be on p and up—instead of the up down. And steering, in true s car fashion, is rack-and-pinion.

Compare under the hood.

The first thing you'll see when you open the hood is Firenza's sound-absorbing insulation. It helps quiet the ride.

Making for an efficient one are Firenza's two available 4-cylinder engines, each with electronic fuel injection. Standard is the 2.0L engine with a 4-speed transmission and an available automatic. Or choose the optional 1.8L overhead cam engine available with a 5-speed transmission. How efficient is the new Oldsmobile Firenza? Well, how's this? With the 1.8L engine and 5-speed transmission Olds Firenza offers a highway estimate of 46 and an EPA estimated mpg of 28*.

Compare the bottom line.

The trick in buying a new car is to get your money's worth. So we want you to compare. Because when you compare everything, you'll find Olds Firenza something special. After all, Firenza is what a small car can be when it's an Oldsmobile. Test drive one today.

Oldsmobile

Have one built for you.

Firenza S Hatchback

***Red-brick** Renaissance palazzo exterior of Pension Building conceals open, pillared courtyard surrounded by tiered balconies*

Museum of the building arts in Washington, D.C.

Born in late 1980, the National Building Museum of Washington, D.C., was set up to encourage this country's architectural and building arts. And the structure itself—the century-old Pension Building—is a worthy home for such a museum. On a visit to the East, you can tour this engineering and architectural marvel.

The block-square building was designed by Montgomery C. Meigs, a West Point-trained engineer, to house the federal bureaucracy created to disperse pensions to Civil War veterans.

The rather straightforward exterior doesn't prepare you for the immensity and ingenuity of the interior. In days before air conditioning and good artificial lighting, Meigs designed a cheap, bright, efficient, and fireproof building to stay below 85° in summer, above 65° in winter. Offices surround a vast central atrium, with 75-foot-high Corinthian columns—each made of 55,000 bricks. The open center—116 feet wide by 316 feet long and 159 feet tall—and adjustable windows allow air to circulate freely.

Free tours of the private museum are held on Tuesdays and Saturdays at 11 and on Thursdays at 5:45; for reservations, call (202) 783-0690. A docent will fill you in on the building's historical background and lead you to all four floors. You'll hear tales of ghosts, see steel roof beams stamped "Carnegie" (forerunner of U.S. Steel), and get a feel for this enormous space.

The building, open 9 to 5 weekdays, is between Fourth and Fifth, F and G streets N.W. It faces you as you exit the Judiciary Square Metro station at F Street.

The museum also mounts nationwide programs on the manmade environment. Currently it is circulating an exhibit, titled "Speaking a New Classicism: American Architecture Now." It is planning trips to points of architectural interest; call the number given above. The quarterly *Blueprints* ($15 per year, including museum membership) provides news of the museum's programs and of events across the country.

To mark the centennial of Franklin D. Roosevelt's birth, the museum and the National Museum of American Art are sponsoring free Sunday morning walking tours of federal structures built under his presidency. The 2-hour tours continue through October, possibly to November 7. For details, call the art museum at (202) 357-3111.

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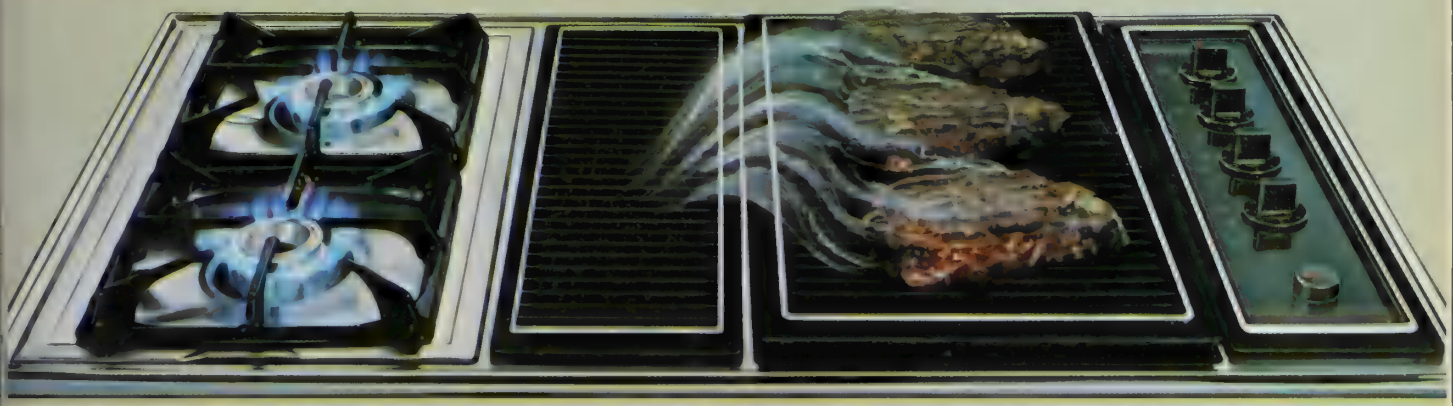

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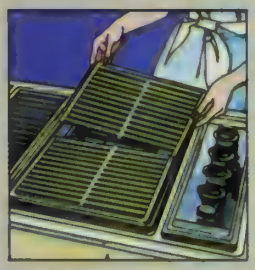

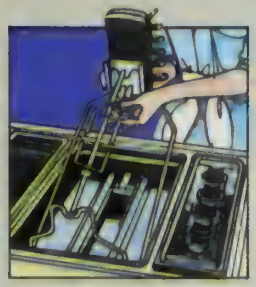

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DAVID STUBBS

Entry planter brings greenery inside, channels traffic to different wings of house

Tiled planter inside front door

Bringing the outside inside was a high priority for Pandora Nash and Gary Karner. So architect Stephen Pults of San Luis Obispo, California, designed this showcase planter for their new house.

Placed under a skylight near the front door, the 6- by 8-foot planter controls circulation to the living room and kitchen area on one side and to the bedroom wing in the other. Its tile-faced sides and oak cap visually tie it to paving and cabinet detailing elsewhere in the house.

The reinforced concrete-block walls are waterproofed inside with fiberglass-impregnated asphalt emulsion; drains take excess water out beneath the house. Plants, mostly tree ferns over a carpet of baby's tears, are watered with a low-volume mist system. □

Small misting heads keep tropical plants healthy. Oak rail caps tiled side walls

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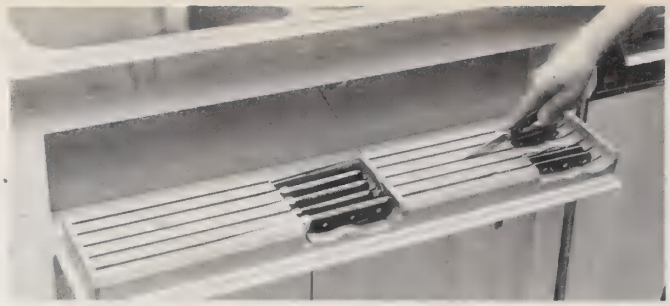
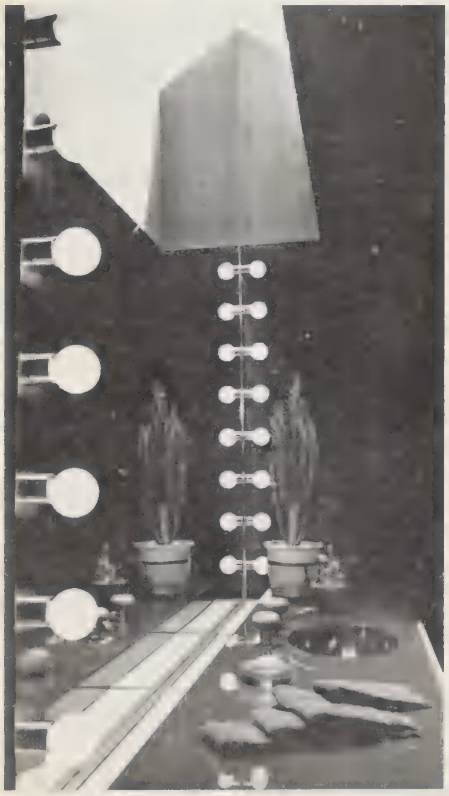


Flip-down knife rack in front of the sink

On the back of the panel in front of this kitchen sink is a slotted rack that holds 10 knives. It swings down to a horizontal position, where it's held by a wire joining it to the cabinet. Slightly canted slots and a solid back wall keep the knives in place when the rack is closed. The weight of the knives holds the panel shut. Owners are Jane and Allan Unger, San Francisco.



DON NORMARK

DAVID STUBBS

Enlarge your bathroom and never move a wall? It's all done with mirrors—carefully sized and fitted

When you first see them, the results of the mirror installations above are somewhat alarming, but the net effect is that the rooms seem much bigger than they are.

Even the sky is doubled in the bathroom at far left. Architects Buff and Hensman of Pasadena, California, continued a wide mirror up into a narrow skylight shaft to make the shaft and the sloping skylight above appear twice as large as they are.

The direct and reflected light bathe the sink counter, creating an oasis of soft light in an otherwise muted bathroom paneled with dark redwood. Careful flush detailing where the paneling meets the mirror and skylight makes it difficult to tell where reality stops and reflection begins. For nighttime use, twin banks of 8 dressing lights reflect to appear as 32.

Above, three inexpensive light fixtures mounted through a full-length mirror create the illusion of three double-sided lights. The pedestal sink is also reflected and doubled.

Before installing this mirror on the wall of Gale and Edward DuBrow's small guest bath, Phoenix architect Ned Sawyer had a glass shop drill carefully measured holes in the mirror for both the water inlets and the light fixtures.

In the third example, designer Dwight Yeoman of Redlands, California, enlarged the look of Charlene and Bill Spanos' bathroom with mirrors on the wall and around the base of the custom-made oak and tile vanity. The low mirrors make the cabinet seem less massive and make it appear to float above the reflected floor.

On the wall, two light tracks flank a large

Our fourth annual energy tax credit reminder

As the current tax year comes to an end, remember to take your state and the federal government up on the energy tax credits they offer. Many credits will change after this year, and some may expire and not be renewed.

An attempt to eliminate the federal energy tax credits this year failed, and the credits are intact for the current tax year. They remain a credit against tax due for a percentage of the total expenditure made. Solar and alternative energy systems that provide, for example, hot water, space heating or electricity, yield a credit of 40 percent to a maximum of $4,000 per year. For conservation measures such as insulation and thermal windows, you may take a credit of 15 percent up to a maximum of $300 per year.

In addition, 11 Western states (all but Alaska and Wyoming) offer energy tax credits of their own.

For example, Colorado offers a 30 percent credit for renewable energy expenditures to a maximum of $3,000 per year. If the credit exceeds tax owed, the balance may be carried forward until the full credit is taken. Active and passive solar space heating and cooling systems, solar hot water, electrical and mechanical energy generated by solar, wind, and hydro power systems are eligible. Conservation measures are also covered by a 20 percent credit with a $400 maximum.

Five states have made changes in their energy credits this year or anticipate changes at our press time.

California. Proposed legislation to reduce the 55 percent credit by 5 percent per year was defeated, but the full credit will expire next year unless new legislation is passed. Pool and spa heating systems credit, already reduced to 35 percent, will drop to 25 percent in 1983, then expire.

Montana. Credit expires this year. May or may not be renewed.

Nevada. Property tax allowance may be changed to an exemption this year.

New Mexico. No longer pre-audits energy tax claims. This year, the state will pay the claimed amount, post-audit the claim for eligibility, and bill the taxpayer for any overpayment.

Oregon. No weatherization credit available this year.

For more detailed information about energy tax credits, consult the November 1979, 1980, and 1981 issues of *Sunset*—or call your state's tax or energy office and the IRS.

BILL ROSS

Salad dressings in a drawer

The owners of this remodeled kitchen take their salad making seriously. As part of a new chopping-block counter, Santa Barbara architect John Vrtiak designed a big drawer deep enough for bottles and just a step from the refrigerator. Two partitions separate oils in bottles and tins on the right, several flavors of vinegars in the center, and herbs in orderly fashion on a slanted shelf.

GLENN CHRISTIANSEN

center mirror that extends to the ceiling. Outside of these are two mirror strips that make the lights appear to be coming out of the glass.

In Portland, architect Robert Cowman and his wife Elizabeth designed the all-mirrored dressing room and washroom pictured above, with rows of make-up lights mounted on a chromed steel panel above. With mirrors on all walls, the 5- by 6-foot room does what some barber shop mirrors do—gives you reflections to infinity that vastly enlarge the size of the room.

Small-paned window look without the high cost

Hinting at old-fashioned multipane windows, these insert frames are substantial money savers: cutting and fitting double-glazed panes into multiple windows can be costly.

The windows at left, at Corrie and Steve Bauer's home in Carmichael, California, come from the manufacturer with the multipane imitation mullion as an option.

Sol Kuperman made the insert at right from ½-inch-square redwood strips.

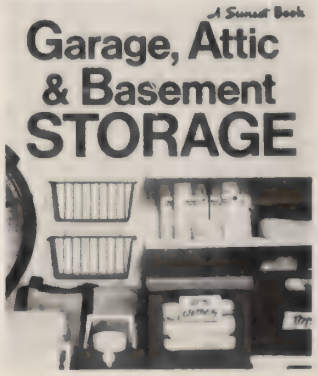
Both frames snap out for easier window cleaning.

JACK MCDOWELL

Bureau or headboard? *It depends which side of this 3-foot-deep partition you're using. Space-saving design by San Francisco architect Phoebe Wall carved two spaces out of one room*

Headboard that's a dresser, and other storage ideas for bedroom and bathroom

New ways to add shelves, closets, bins, and drawers to a variety of rooms fill these two new Sunset books



This headboard does more than keep the pillows from falling off the end of the bed. It divides the room, adds two-sided storage, and provides a lighted display shelf.

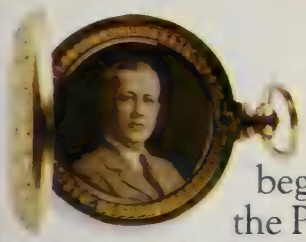
Framed with 2 by 4's and faced with plywood, the 5-foot-tall unit creates two distinct areas—one for sleeping, one for dressing—without cutting off the light from a window behind the bed.

The sleeping side contains two cabinets and a spacious alcove lit by a pair of wall-mounted lamps. A 1-foot-deep shelf provides plenty of room for a telephone, a decorative plant, or a row of books.

On the dressing side, a built-in bureau is recessed 4 inches from the frame to increase the sense of spaciousness in the corridor-like, 3½-foot-wide space between bureau and window seat.

This innovative solution to a space problem is one of dozens offered in two new books: *Sunset Ideas for Bedroom & Bath Storage* and *Sunset Ideas for Garage, Attic & Basement Storage* (Lane Publishing Co., Menlo Park, Calif. 1982; $3.95 apiece). □

The legend of The Pendleton Shirt.



It all began in the Pacific Northwest. At the turn of the century, a pioneer family began weaving blankets, robes and shawls of exceptional quality in Pendleton, Oregon. Many designs were inspired by the motifs of the nearby Nez Perce Indian Nation.

It was an ideal place for such a beginning. Rich grasslands nurtured bands of sheep that grew wool of the highest quality. Soft, pure water was abundant for scouring and dyeing. And the family brought to the task a heritage of weaving which began generations before in England.

Through the years, Pendleton blankets and robes came to be considered a standard of value among settlers and Indians throughout the West.

And so the legend of excellence began.

The family then applied its skills to the creation of 100% virgin wool clothing fabrics. Fine, beautiful fabrics which were then tailored into shirts that loggers, ranchers and sportsmen of the region could wear a lifetime.

Each shirt was "warranted to be a Pendleton," to assure the buyer that the company stood behind its products, in quality and workmanship.

And the legend grew.

Today, four generations later, the family is still making shirts warranted to be Pendletons, to the same standards our forefathers set those many years ago.

We continue to use only pure, virgin wools, selected and graded by hand each shearing season.

We design the patterns, dye the wool, spin the yarn, weave the fabrics.

And then, in over 60 careful steps, these pure virgin wool fabrics are cut and sewn into Pendleton Shirts.

It is this commitment to quality and value in 100% virgin wool, this attention to detail every step, every stitch of the way, that makes a Pendleton Shirt different from every shirt in the world.

It is the commitment we have always made to a Pendleton Shirt. And always will.

The legend deserves no less.

Del Monte

The less you know about fresh pineapple, the more you need Del Monte.

Choose the Hawaiian pineapple that's ripe when you see it. And ripe when you serve it. Every time. Choose Del Monte. Ripe Now.

Create a Pineapple Potion. It's easy. First, cut off the top of the fruit.

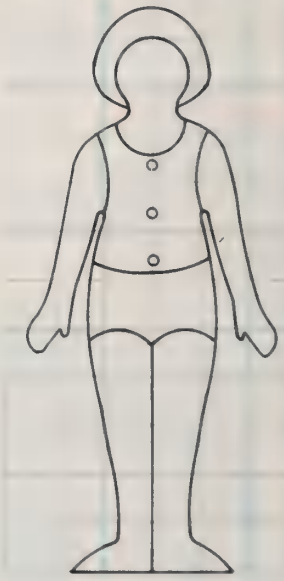
Next, carefully separate and remove the fruit from the shell. Core and cube the pineapple.

Finally, make the potion. Puree 2 cups of the diced pineapple. Combine with 6 oz. seltzer. Add a dash of grenadine and a tbs. of lemon juice. Fortify with 4 oz. of rum. Then, pour into the empty pineapple. Garnish with a flower or slice of orange, insert two straws and you're ready to get fresh with someone you like.

© 1982 Del Monte Corporation

DARROW M. WATT

***Contemporary cousins** to old-fashioned paper dolls, these cardboard versions have been personalized by their creators. Children can spend hours drawing, coloring, cutting, and decorating a variety of characters and outfits. Each square at right represents 1 inch*



They put on faces, design clothes for these paper dolls

The simple art of paper dolls has entertained children for years. For these versions, children draw faces on the dolls and design and decorate the clothing themselves, using markers, adhesive circles, fabric scraps, and other "findings" from around the house. Brass fasteners hold the outfits in place, and metal L-brackets enable the stiff cardboard figures to stand on their own.

You might try this idea at a party, or send blank cutouts—along with embellishments—for gifts or greeting cards.

You'll need railroad board or other heavy card, ½-inch-long double-pronged fasteners, 1-inch L-brackets, a hole punch, marking pens or crayons, glue, tape, scrap pa-

***Enlarge pattern** above, using 1-inch squares as a guide. Transfer the pattern to light cardboard, then cut out doll*

GMC's S-15.

IF IT ISN'T ONE GOOD THING, IT'S ANOTHER.

The S-15 is a hard-working, easy-riding compact hauler from GMC. And that's a good thing to be. In fact, that's four good things to be. It's the regular GMC S-15 pickup, the S-15 Club Coupe with extended cab, the S-15 longbed and the S-15 Jimmy. Whichever GMC S-15 you choose, you'll get a stylish, comfortable, quality-built yet economical truck, available with four-wheel drive. See your GMC truck dealer soon. And get in on a good thing. Get in on another good thing: buckle up for safety.

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S-15 2-Wheel-Drive Pickup	1.9 Liter 4-Cylinder 39	27
S-15 4-Wheel-Drive Pickup	2.0 Liter 4-Cylinder 30	22
S-15 4-Wheel-Drive Jimmy	2.0 Liter 4-Cylinder 30	21

Use estimated MPG for comparison. Your mileage may differ depending on speed, distance, weather. Actual highway mileage lower. Estimates lower in California. Some GMC trucks are equipped with engines produced by other GM divisions, subsidiaries, or affiliated companies worldwide. See your GMC truck dealer for details.

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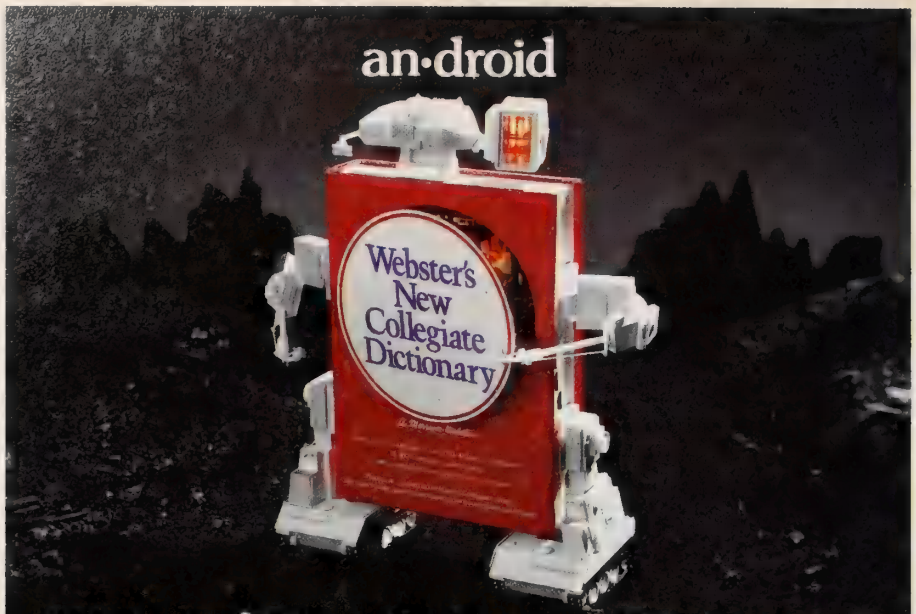

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DARROW M. WATT

***Draw clothing** designs on heavy paper, using doll as a guide. Color face and clothes with crayons or markers*

***Use brass fasteners** to hold clothes on, poking them through holes punched in the doll's chest*

***Slip L-bracket** (for support) inside folded paper tube and tape it to the back of the cardboard doll*

per, notions, and adhesive stickers.

First enlarge and transfer the pattern onto railroad board—it makes 11½-inch-high dolls. (You can use grid paper from an art supply or stationery store, or rule your own.) Cut around the edges, altering the hair style to match the child's. Punch holes, as indicated on the pattern, for fastening clothes.

Place the doll over heavy paper and trace it lightly to serve as a guide for designing clothing. Embellish the clothes and attach them to the doll with the fasteners.

To make a doll stand up, wrap a small piece of paper around one end of an L bracket and tape it to the doll's base.

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It's safe. With no hot spots on dishes, pots or pans. Unlike other dishwashers, there's no exposed heating element in the KitchenAid dishwasher.

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Most others use a ⅓ horsepower or less. Since a stronger motor strains less, it's a lot less likely to wear out.

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SANDRA WILLIAMS

***Peering into** miniature multilevel buildings is one of the pleasures of an architecture exhibit; this one is at the La Jolla Museum of Contemporary Art*

Architects' art in San Francisco, La Jolla

Western architects and their designs are the subjects of three exhibits in San Francisco and one in La Jolla this month.

San Francisco Museum of Modern Art, Van Ness Avenue and McAllister Street: *AIASF100.* Elaborate wood models, enlarged vintage photographs, and slide shows trace 100 years of distinctive additions to the city. October 28 through January 2, 10 to 6 Tuesday through Friday, 10 to 10 Thursday, 10 to 5 Saturday and Sunday. Admission: $3 adults, $1.50 seniors and children.

American Institute of Architects, San Francisco Chapter, 770 Market Street, will be showing the intricate drawings of Bay Area architect Ernest Born, who designed covers for architectural magazines in the 1930s. October 28 through January 5, 9 to 5, Monday through Friday. Free.

Hyatt Regency Hotel, foot of Market Street: *Tracing Heritage: 25 Years of Award Winning Architecture.* As part of a convention of the California Council of the AIA, display panels in main ballroom depict 25-year history of the AIA - *Sunset Magazine* Western Home Awards Program. November 5, 10:30 to 5, and November 6, 11 to 2:30. Free.

La Jolla Museum of Contemporary Art, 700 Prospect Street, *The California Condition.* Surveys recent work by 13 innovative young architects. November 13 through January 2, 10 to 5 Tuesday through Friday, 12:30 to 5 Saturday and Sunday. Admission: $2 adults, $1 seniors and students.

In addition to the exhibits, the San Francisco chapter of the AIA, as part of its centennial celebration, is helping sponsor the publication of a 224-page book, *Architecture, San Francisco: The Guide* (101 Productions; $10.95). The book, which contains 200 photographs, can help you discover and understand historic structures. Ask for it at bookstores. □

LARRY A. BRAZIL

GLENN CHRISTIANSEN

***Cutout people** give designer of San Francisco Museum of Modern Art show a better idea of how his display panels—here rendered in miniature—will look to visitors. At left, large wooden models of a Golden Gate Bridge tower and a Victorian house façad receive finishing touches*

***Twenty-five years** of innovative house design, as reported in Sunset, will be displayed at the Hyatt Regency, San Francisco, on Friday and Saturday, November 5 and 6*

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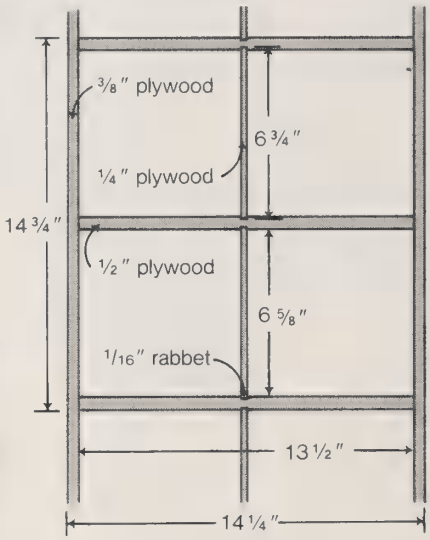
DARROW M. WATT

***Unfinished stud wall** in basement provides support for this simple wine storage system*

Wine storage squeezed between 2-by-4 studs



***Three different** thicknesses of plywood provide good ratio of strength-to-thinness*

Inside the walls or underneath a great many wood-frame houses, you'll find 2-by-4 studs on 16-inch centers. Though only 3½ inches deep, the stud framework can be used to support a lightweight plywood storage system like the wine racks shown here.

Using the thinnest possible plywood for the sides, shelves, and dividers left maximum room for bottles in the 14½-inch-wide space between the studs. Each section holds four regular wine bottles.

All the plywood was cut on a table saw into 10-inch-wide strips, then cut to length. (The sides were cut to fit the height of the openings.) The rabbets were also cut with the table saw. Glue and 1¼-inch (3d) finishing nails were used to assemble the racks, then they were inserted between the studs, shimmed as needed, and screwed in place. □

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Boker's 2000 is the lockback he would buy for himself. Its 440-C stainless blade will hold its edge through two or three deer, then come back with a few wipes on a steel. The drop-point is a near-perfect extension of his index finger. The rounded grips are polished rosewood with solid brass bolsters. And it's not as expensive as it looks. At better sporting goods stores and trailshops.

Boker, the knives they tell the stories about.

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creates a quiet atmosphere that'll make you feel like you belong.

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The new 1983 LTD Wagon has more state-of-the-art technology than ever before. Gas-filled shocks for a smooth, stable ride. Optional 3.8 liter V-6 with automatic overdrive. And there's a convenient two-way liftgate option that lets you open the window separately for quick and easy small package loading and unloading.

The 1983 Ford LTD Wagon. Reshaped and refined to be remarkably different. Totally redesigned to be the most remarkable LTD Wagon ever — just what you'd expect from the Wagonmaster.

Get it together — Buckle up.

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Ford

FORD DIVISION

Handsome stereo cabinet. But how does it hang?

Seeming to defy gravity, Randy Haight's stereo cabinet protrudes 19½ inches from the wall with no visible means of support. Instead, three pairs of 4-inch-long lag screws run through the back of the cabinet into the wall studs.

The 7½-inch-deep box has two compartments—one 18 inches wide to hold the amplifier, the other 20 inches wide for the turntable—with a stiffening divider between them. For access, two L-shaped lids swing up on piano hinges. Another pair of piano hinges allow the front lips to flip down to expose control knobs.

Haight used solid oak throughout, joined by glue and countersunk nails, with front edges routed to even curves. Holes drilled in the bottom of the cabinet let in air to cool the equipment. Wires to power hide behind adjacent speakers. □

DAVID STUBBS

***Cantilevered** stereo cabinet doubles as a buffet. Lids swing open on piano hinges mounted to 3-inch-wide strip at top rear. Top is made of edge-glued and doweled 1-by-8 oak*

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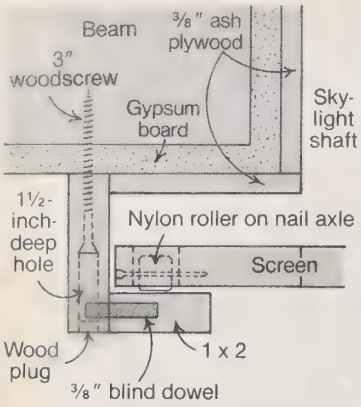

***To soften daylight** in kitchen, two 2- by 4-foot shoji screens close off skylight. Translucent fiberglass panels slide in 14-foot long frame of oak-stained ash 1 by 2's and 1 by 3's screwed into ceiling beams (see sketch above). Pole tip fits into closet-door finger pulls to make opening and closing easy. Design: Curt Powell, Aptos, California*

NORMAN A. PLATE

For privacy, light control . . . sliding shojis

DARROW M. WATT

***For privacy:** to block view of neighbor's yard without blocking light, paper-backed cedar screens slide closed in ¾-inch grooves in cedar frame. Design: Al Klyce, Mill Valley, California*

In traditional Japanese houses, shoji screens act as movable walls, separating rooms and closing them off from the outdoors. Even in the not-so-traditional houses pictured here, these covered wooden grids are practical substitutes for curtains, shades, and doors.

Below a skylight, they soften harsh noon sun and help minimize heat loss in winter. As window coverings, they hide an undesirable view with little loss of light. And they let a hallway share light with a guest room.

You can buy finished shoji screens in a variety of sizes (look in the yellow pages under Screens) or make your own. Some Japanese import stores sell thin, durable fiberglass that looks like paper (about $9 a yard, 48 inches wide) and more traditional translucent paper. Paper sheets from art supply stores would suit small projects. □

***Hideaway door screens** pull out from wall pocket to tone down morning light. Translucent paper is sandwiched between two grids of ¼-inch redwood that are fastened together with brass screws and glued into redwood frame. Architect: Jeff Morse, Tomales, California*

***Even when closed** for privacy, these fiberglass panels allow some daylight from guest room windows into otherwise dark hall. Architect: Hayahiko Takase, Los Angeles*

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DARROW M. WATT

***The dining room face** of an old built-in buffet remains the same (above), but its back was opened and covered with a shell to match the kitchen cabinets*

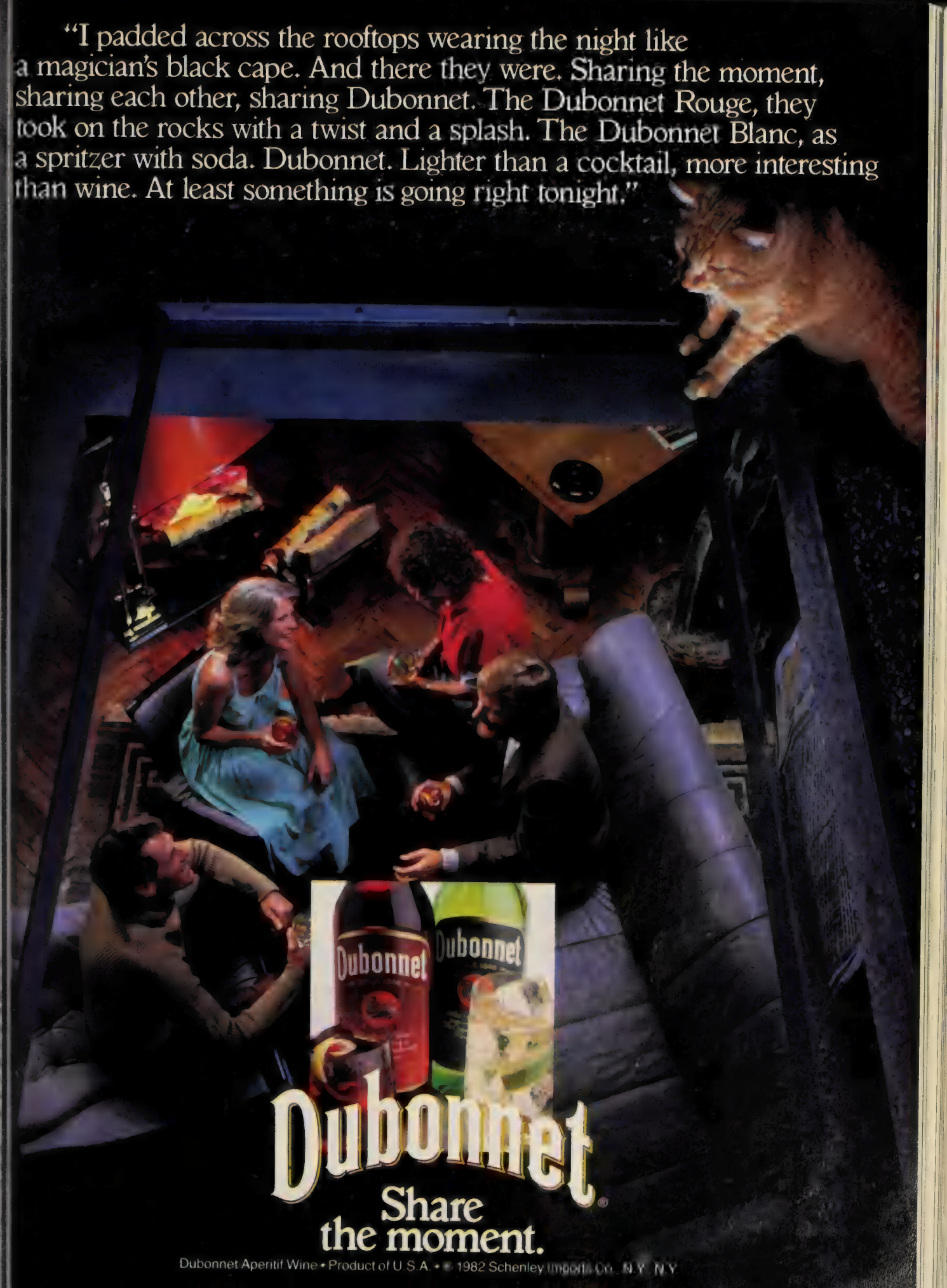
Pass-through shows a face to match each room

Like Dorian Gray and his picture, this pass-through has two faces that are decades apart. The side facing the dining room has glass doors and pull-out drawers and tells of the era when the house was built—the 1890s. The kitchen side is contemporary in style—clean, white, and hard-edged. When the kitchen side is shut, there is no hint that it's a two-way cupboard. The doors are flush with the rest of the new cabinetry.

Owner Robert McCormack displays old glassware in the dining room side. When he has dinner guests, he uses the bottom for a pass-through or buffet.

Palo Alto architect John Duvivier designed the remodel of the house.

"I padded across the rooftops wearing the night like a magician's black cape. And there they were. Sharing the moment, sharing each other, sharing Dubonnet. The Dubonnet Rouge, they took on the rocks with a twist and a splash. The Dubonnet Blanc, as a spritzer with soda. Dubonnet. Lighter than a cocktail, more interesting than wine. At least something is going right tonight."



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ANDREW SEARS

Bold white bookcase uses PVC pipe running through holes cut in shelves

Plastic pipe and 1 by 12's make a freestanding bookcase

Wood and plastic combine in this lightweight, knock-down shelf system designed by Andrew Sears, Salt Lake City.

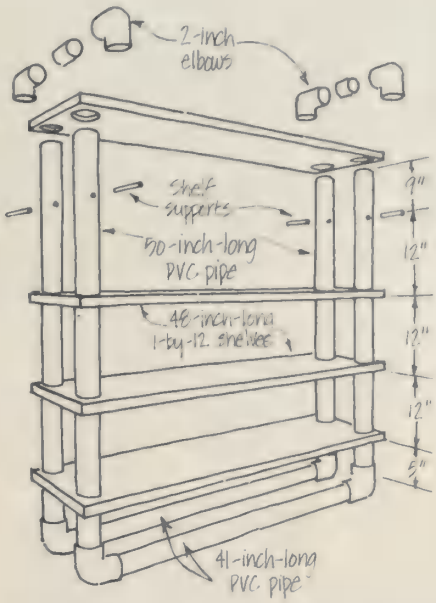
For the four shelves, Mr. Sears used 4-foot lengths of 1-by-12 fir; you could substitute another type of wood, but measurements are based on an 11¼- to 11½-inch actual width. For the PVC leg system, you'll need 24 feet of 2-inch schedule 40 pipe and eight elbows.

Start by cutting the wood to length. At each corner of the shelves, mark a point 1¼ inches from both edges. Using those marks as center points, cut 2½-inch-diameter holes with a drill-mounted hole saw.

For shelf supports, cut 16 pieces, each 4 inches long, from 5/16-inch doweling. Cut pipe and drill 5/16-inch holes in legs as shown in sketch. (To make holes square to the pipe, use a drill press or drill guide.)

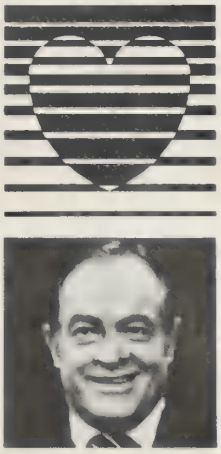
To assemble the unit, start by inserting the bottom lengths of PVC into the elbows, then add the four legs. Push dowels into the bottom four holes and slide a shelf down the legs until it rests on the dowels. Repeat the process for all the shelves.

Press the 4-inch sections of pipe into the remaining elbows and cap the legs. Press all the joints snugly together. □



***Cut PVC pipe** into two 41-inch pieces for the floor-level connectors, two 4-inch-long pieces for the top connectors, and four 50-inch pieces for the legs. No glue is used, so bookcase can be easily disassembled. Markings can be cleaned off white pipe with steel wool, or plastic can be painted*

For your
HEART



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Royal Doulton "Carlyle"	$185	$107	$740	$428	$2077	$1248	$2817	$1658
Royal Doulton "Harlow"	$135	$ 78	$540	$312	$1455	$ 849	$1995	$1164
Royal Doulton "Canton"	$169	$100	$676	$400	$1822	$1093	$2498	$1493
Royal Doulton "Sarabande"	$ 90	$ 54	$360	$216	$ 970	$ 582	$1330	$ 798
Royal Doulton "Sherbrooke	$107	$ 64	$428	$256	$1154	$ 692	$1582	$ 948
Minton "Jasmine"	$145	$ 87	$580	$348	$1563	$ 937	$2143	$1285
Minton "Grasmere"	$145	$ 87	$580	$348	$1563	$ 937	$2143	$1285
Minton "Penrose"	$ 99	$ 59	$396	$236	$1067	$ 640	$1463	$ 876
Minton "Stanwood"	$145	$ 87	$580	$348	$1563	$ 937	$2143	$1285
Minton "St. James"	$145	$ 87	$580	$348	$1563	$ 937	$2143	$1285
Minton "Bellemeade"	$ 99	$ 59	$396	$236	$1067	$ 640	$1463	$ 876
Wedgwood "Runnymede Dark Blue"	$180	$117	$720	$468	$1984	$1299	$2704	$1767
Wedgwood "Kutani Crane"	$140	$ 91	$560	$364	$1542	$1028	$2192	$1392
Wedgwood "Medici"	$105	$ 69	$420	$273	$1164	$ 776	$1584	$1045
Wedgwood "Wild Strawberry"	$105	$ 69	$420	$273	$1164	$ 776	$1584	$1045
Wedgwood "Blanca"	$180	$117	$720	$468	$1984	$1299	$2704	$1767
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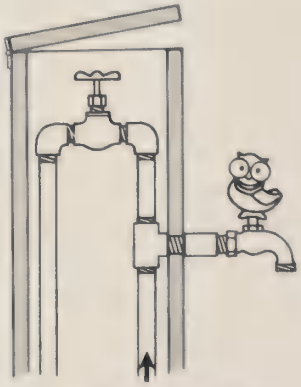
PETER O. WHITELEY

Easy-to-reach shutoff valve hides inside this 15-inch-high redwood box

Outdoor plumbing in hiding

The hinge-topped redwood box pictured above is an unobtrusive disguise for some necessary backyard plumbing. Owner Lester Gunther of Burlingame, California, built it to house the shutoff valve for a swimming-pool water line. By interrupting the line with a spigot, he was able to provide a hookup for a hose.

The housing was simple to build. It's essentially an open-ended box made of rough-sawn redwood 1 by 8's. The shutoff valve is at the top of the piping for the water line; a T-joint is in the middle of one side. Mr. Gunther measured and drilled a ¾-inch hole to align with the T, slipped the box in place, then added the spigot. Two small hinges of galvanized metal let the box's top open and close.



Owl-handled spigot is at side, shutoff valve on top

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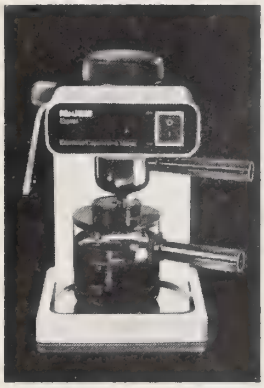

Now the delicious, aromatic espresso and cappuccino you enjoy in your favorite Italian restaurant can be yours to enjoy at home anytime.

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Hot, frothy milk for cappuccino is easily prepared while the coffee brews. Add a touch of cinnamon, nutmeg or even a drop of brandy for a delightful finishing touch.

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NORMAN A. PLATE

***Tall window** and curved window seat make landing a reading nook. Beneath the seat is a louvered cold-air return*

***Stair tower,** roof tiles, and trellis and trim of fir accent exterior of unpainted, smooth-stuccoed house*

Slot window lights stair tower

A round-ended, two-story tower projects from William Loomis's house in Del Mar, California, pulling staircase and stair traffic to one side of the living room.

Recessed into the end of the tower is a 1 foot-wide, 12-foot-tall keyhole window that rises from a window seat fitted between floors in the white-plastered stairwell. The height of this slender window allows light to penetrate deep into the house, while its narrow width limits the amount of direct sunlight.

Design: San Diego architect Peter Rodi.

Auto reverse takes Aiwa to new heights.

Introducing Aiwa's latest and greatest personal portable: the credible HS-J02.

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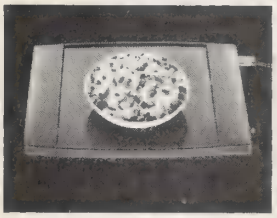

There's a hot spot for beverages or sauces, too. So the next time you feel cold symptoms coming on, take the Maxim Food-Warming Tray to your table. And keep your food from catching cold.

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Fine WoodWorking

The Taunton Press
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Connecticut 06470

Big cutting board gives plenty of room for meal preparation; hinged support holds it up. Between meals, board folds down and out of the way

Cutting counter folds out of way

Two common kitchen needs often conflict: ample room for food preparation and room for people to circulate. But this simple fold-down counter provides both.

Designed by architect John Coffey for Mollie and Pat Lawson of Denver, the counter is an extension of the butcher block top of a kitchen island, attached by a heavy-duty continuous hinge with 2-inch-long screws.

When raised, the board is supported by a 1½-inch-thick plywood cutout covered with the same plastic laminate as the island sides. The support swings out on another continuous hinge.

To allow room for the board to fold down flat, the fixed counter extends beyond the end of the island just enough to clear the folded-in support, including the thickness of its vertical hinge.

Fine French crystal you can afford to enjoy.

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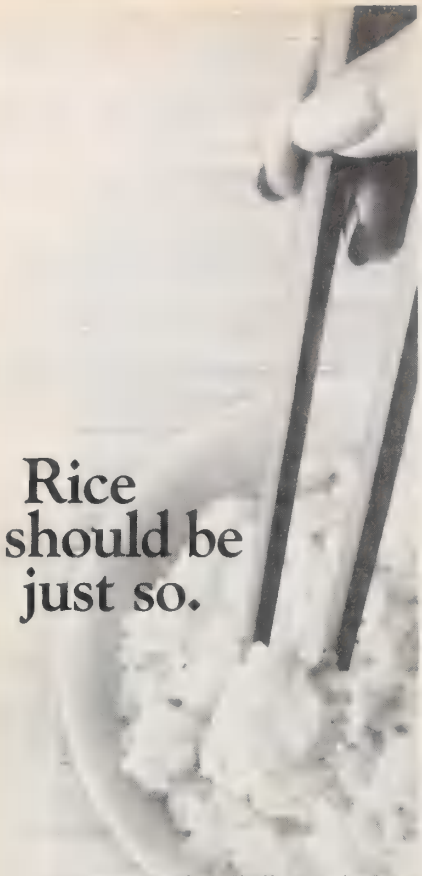

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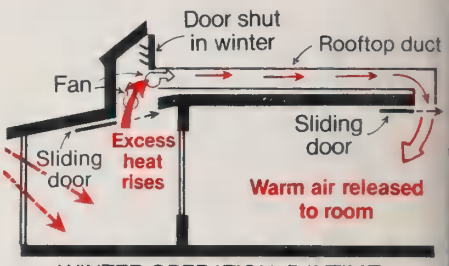
Rooftop ducts spread solar heat

You can't always gather solar heat precisely where you need it—typically, the south side of your house warms up while the north side stays cool.

Indoor fans can move the heat around, but here are two examples of a less intrusive way: well-insulated rooftop ducts with small fans that carry the sun's heat to other areas of the house.

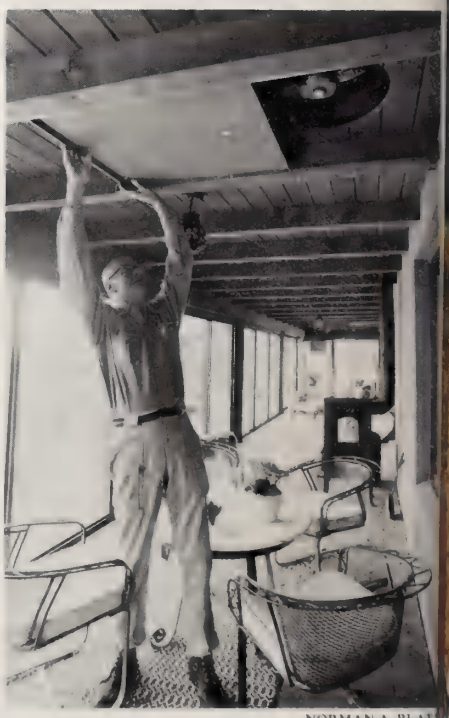
As shown at right, Santa Fe architect William Lumpkins designed a rooftop vent to remove summer heat from Richard Stern's south-facing sun porch. But the porch overheated in winter, too. Now, a sliding door closes the outside vent while a new roof duct carries the excess heat to a north-facing bedroom.

Below, designer Doug Edgar of Albuquerque gave a solar boost to an existing central heating system by ducting solar heat collected through south-facing clerestory windows to the furnace return-air vent; the furnace then uses less fuel to deliver heat throughout the house. □

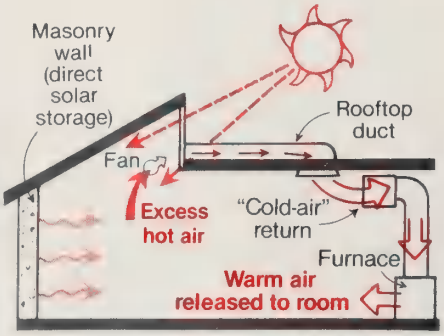


WINTER OPERATION (DAYTIME)

Ceiling panel *slides to open up or close off vent fans. In winter, outside vent door is closed and excess heat is diverted to rear room (diagram below). In summer, excess heat vents directly out through the louvered openings*



NORMAN A. PLATE



WINTER OPERATION (DAYTIME)

Heat gathered *by clerestory rises toward ceiling; fan blows heat through duct across roof, delivers it to return-air vent of existing furnace. Duct was insulated after photograph was taken*

DON NORMARK

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GLENN CHRISTIANSEN

Kitchen island carries a heavy load . . . the second floor

Removing an outside wall and pushing into the back yard was the only way to expand the kitchen in this 70-year-old house. But owners Karen Kettlety and Mike Hemsch wondered how to carry the load of the second floor without a massive beam.

Designer Bob Waterman solved their dilemma with this room-dividing island and what looks like a series of beams in the ceiling. The two posts rising from the 42- by 74-inch island meet the only real beam in the room—a 4 by 12 that supports the second floor. (A larger beam could have spanned the room without a middle support, but would have hung lower.) The rest of the ceiling beams are false. They are made from two 1-by-6 side pieces nailed to a bottom 1 by 4 and a top 2 by 4 that's secured to the ceiling joists.

The artifice continues with the island posts: what appear to be solid 6 by 6's are really sleeves made from mitered 1 by 6's. One conceals a load-bearing steel pipe; the other houses an electrical outlet, switch, and wires. Note the routed corners—a finishing touch also seen on the island's floor-to-counter posts. □

Room-dividing island has red birch doors, with beaded detailing to match wainscoting. Top is synthetic marble

Working side of island has open shelves for easy access to cooking supplies

False post with routed detailing rises from the island. It's hollow, contains wiring

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2. Enter as often as you wish, but each entry must be mailed separately to CHATEAU OF CHEESE SWEEPSTAKES, P.O. Box 3053, Syosset, NY 11775. All entries must be received by February 28, 1983.
3. The winner will be selected in a random drawing conducted by National Judging Institute, Inc., an independent judging organization whose decisions are final on all matters relating to this sweepstakes. The prize is guaranteed to be awarded and winner will be notified by mail. The prize is nontransferable and no substitutions are allowed. Taxes, if any, are the responsibility of the individual winner. Winner may be asked to execute an affidavit of eligibility and release. In the event the prize is won by a minor, it will be awarded in the name of a parent or legal guardian.
4. Sweepstakes open to residents of the U.S. except employees and their families of Bongrain International, its advertising agency and Don Jagoda Associates, Inc. This offer is void where prohibited and subject to all federal, state, and local taxes.
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1/2 lb. ground beef
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1/2 cup water
salt and pepper
1 pkg. (10 oz.) frozen spinach or broccoli, thawed
1 cup (8 oz.) ricotta or cottage cheese
1/2 cup grated Parmesan cheese
2 eggs
1/8 tsp. nutmeg
1 pkg. (8 oz.) GOLDEN GRAIN Lasagna
12 oz. Mozzarella or Monterey Jack cheese, sliced

1. Brown meat; drain. Add Marinara, water, salt. Heat to boil.
2. Squeeze excess liquid from spinach. In blender or food processor, add spinach, ricotta, Parmesan, eggs, salt, pepper, nutmeg. Blend until smooth.
3. In 3 qt. baking dish, layer sauce, uncooked lasagna, sliced cheese, lasagna. Spread with spinach filling. Continue layers of sauce, cheese, lasagna, sauce.
4. Cover with foil; bake at 375° F. 1 hour. Serves 6 to 8.

DARROW M. WATT

***Snug hideaway** for flat sports equipment was created along hall wall. Pegs, hooks, and wire baskets keep the gear neatly arranged*

A shallow sports closet

Sports equipment has a home in the shallow hall closet of this Woodland Hills, California, house.

To make the foot-deep closet, architect Hayahiko Takase popped out a 4-foot section of the upstairs hall wall and added double doors.

On the inside of the closet, he mounted a birch 1 by 4 fitted with ¼-inch dowels (glued into predrilled holes); these keep skis, poles, and fishing rods separate and upright. A fishing net and small items hang on hooks or fill wire baskets mounted on the wall above. □

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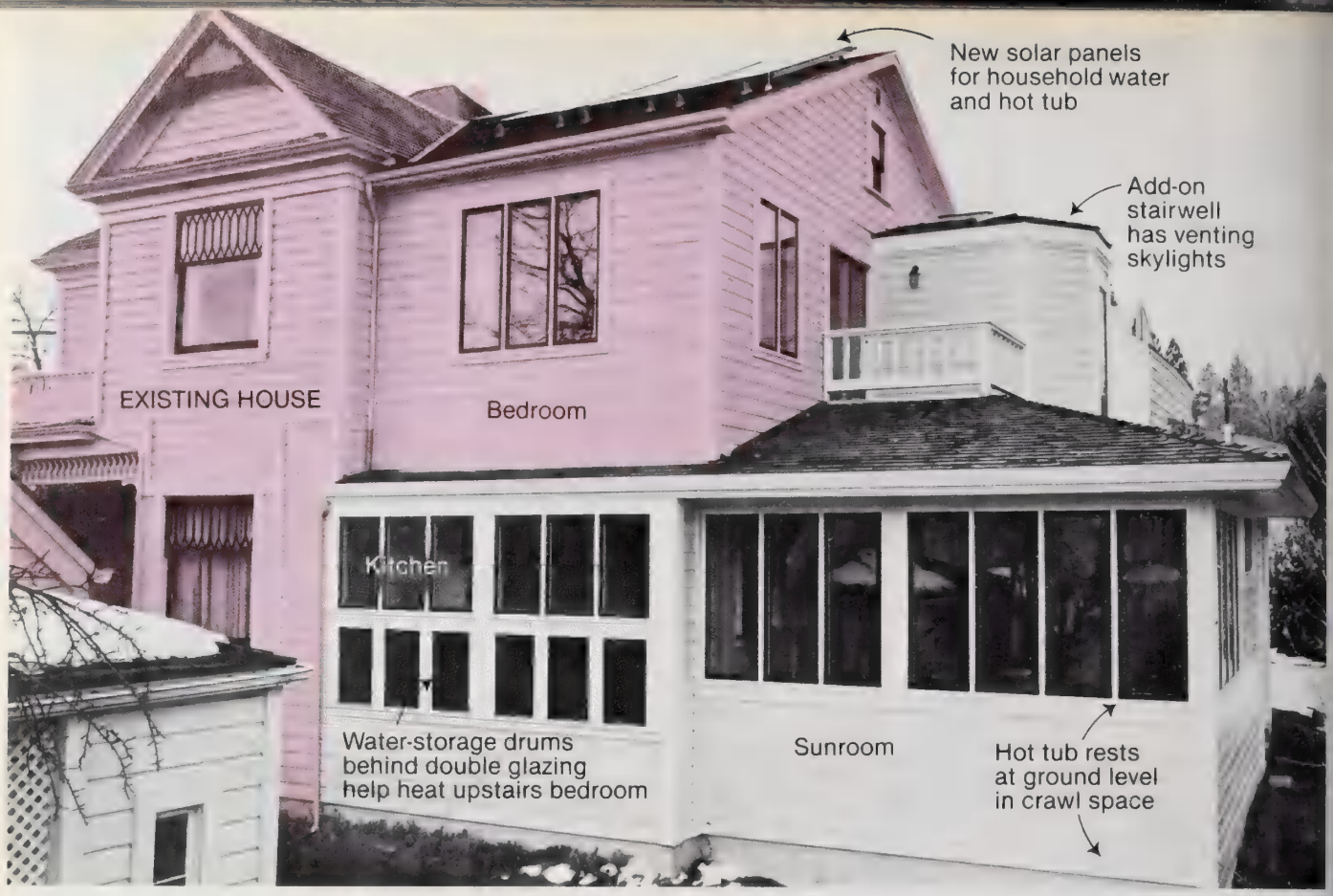


DAVID STUBBS

***Integrated design** matches addition (light area) to old Victorian (color tint) while providing large south opening for solar gain. To slow heat loss, new glazing is double. Stair shaft vents in summer; in winter, it ducts cooling air back to sunroom*

Which part is solar? It's intentionally hard to tell

It needn't look "solar" to be solar.

This remodel of Roy and Judith Alpers' 1904 house in Nevada City, California, met several needs at once. It cleared up the clutter of previous remodels, opening the rear of the house as a bright family hub with a new spa room attached. Its design ties carefully to the lines and materials of the original Victorian, an important asset in this Gold Country town.

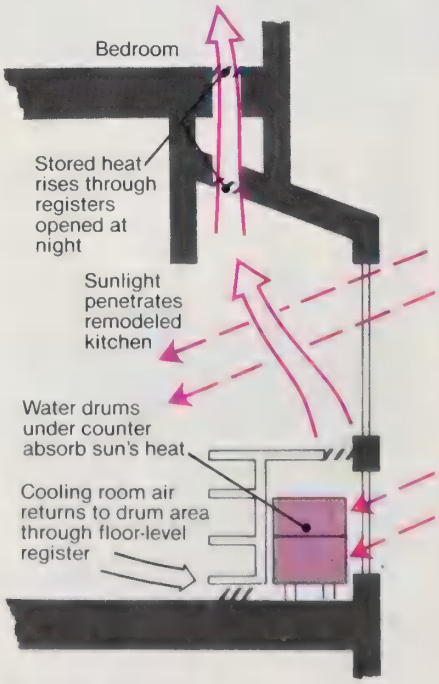
And without shouting the fact, it is boldly and ingeniously solar. Environmental architects David Wright and Dennis Andrejko/SEAgroup designed the addition to passively heat and cool itself—along with much of the rest of the house on the most natural of principles: warm air rises, cooler air falls.

Heating by natural forces

The south wall of the sunroom has a broad expanse of double-glazed windows to admit the sun; heat stores in a brick floor set on a concrete slab supported by wood framing that is insulated underneath. A shallow alcove extending south from the kitchen provides a new window wall for natural lighting and additional solar gain, and gives room for a broad plant counter and additional shelf space.

New registers cut into the ceiling allow

From drums to bedroom



New bay expands existing kitchen; it reaches south to gather the sun

***Heat rises** from counter register to ceiling register*

***Heat stores** in drums behind glass*

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DAVID STUBBS

***Brick paver floor** stores direct solar heat. Spa is heated by roof collectors*

this sun-generated heat to rise upward to be shared with the rooms above. And a new stair shaft (see top photograph, page 174) that replaced a congestion-causing indoor stairwell also serves as a return-air duct, channeling cooling air back downstairs to the solar-exposed rooms.

In addition, the kitchen-alcove counter hides an inventive solar "furnace" that provides extra heating punch (see drawing). By day, 20-gallon drums of water absorb and store heat. At night, small registers in the counter and ceiling above let the heat rise directly into the main bedroom upstairs.

Stair shaft helps to cool; solar collectors heat household water

The stair shaft also helps to cool the house in summer. Openable skylights at its top vent rising, built-up heat, helping cooling drafts to move through the rooms below. The sunroom windows swing open to admit evening breezes.

Both household water and a hot tub in the spa room are heated by active solar collectors along the roof peak. This is a "drain-down" system: to keep the collectors from bursting, a thermostat-controlled valve causes the circulating collection fluid to drain out of them on freezing nights. □

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Mail entry to: I Wanna Pop! at the Mardi Gras Sweepstakes
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Entries must be postmarked by December 31, 1982

OFFICIAL RULES

1. Enter by printing your name, address and zip code on the official entry form or a 3" x 5" plain piece of paper, send it with proof-of-purchase from Shasta (cap liners from one 2-liter or two 32-oz. bottles or six 16-oz. bottles, or a cash receipt with the circled purchase price for six 12-oz. cans in any flavor, regular or diet), or the words "Shasta Mixer Line" hand-printed on a 3" x 5" piece of paper to: "I Wanna Pop At The Mardi Gras," P.O. Box 725, Dept. 0382, Lubbock, Texas 79491. Unmix the seven (7) mixers on the entry form. If yours is one of the first 50,000 entries received, we will send you a $.75 coupon redeemable on your next purchase of Shasta.

2. NO PURCHASE NECESSARY. Enter as often as you wish. One entry per envelope. Entries must be postmarked by December 31, 1982. Sponsor is not responsible for entries delayed or lost in the mail.

3. Prize winners will be determined in a random drawing of qualified entries received by the United Marketing Services, an independent judging organization whose decisions are final. All 51,301 prizes worth approximately $98,000 will be awarded. Eligibility for prizes does not require correct identification of the seven (7) Shasta mixers found on the entry blank. Winners will be notified by mail. Odds of winning will be determined by the number of entries received.

4. Only one prize per family or household. Prizes are not transferable or redeemable for cash. Taxes, and other charges, if any, are the responsibility of the winners. Winners may be required to execute affidavits of eligibility and release.

5. Prizes are: Grand Prize (1): 4 day/4 night trip to New Orleans for 12 (February 12, 1983 to February 15, 1983) including transportation, overnight accommodations, meals, entertainment, and reserved seats to the Mardi Gras Parade. Second Prize (100): Oneida Silver-Plated Punch Bowls. Third Prize (200): Brass Ice Buckets, and Runner-Up Prize (1,000): Travel Tote Bags.

6. Sweepstakes are open to all U.S. residents 18 years and older except employees of the sponsoring company and their families, its subsidiaries, suppliers, advertising and promotion agencies. Sweepstakes void where prohibited or restricted by law. All federal, state and local laws and regulations apply.

7. For a list of major prize winners (Grand through Third), send a stamped self-addressed envelope to Shasta Contest Winners, P.O. Box 725, Dept. 0682, Lubbock, Texas 79491.

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The new Pier 1 collections

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DAVID STUBBS

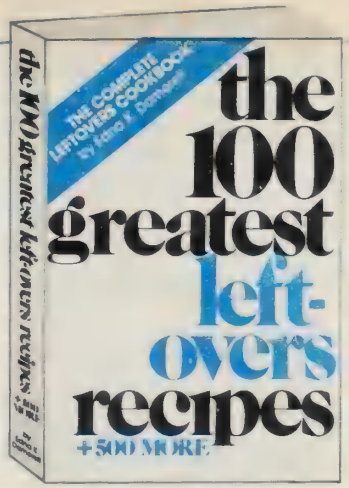
lexiglass panels roof the alcove.
iew from below shows 2 by 2's and rafters

It's rainproof but still bright

ainproofing protected a 10- by 14-foot ıtdoor alcove overhead but still kept it ight enough for growing plants.

efore San Diego landscape architect Miael Theilacker of Kawasaki and Theicker covered the alcove, it had been exsed to the weather through a 7- by 4-foot opening with revealed rafters. heilacker started by sandwiching each fter between redwood 1 by 6's, then used e 1 by 6's as ledgers for 2 by 2's that run tween the rafters at 3- inch intervals. e covered the wood with ¼-inch translunt plexiglass. Double 2 by 4's hold the exiglass in place above the rafters.

gutter at the low end of the plexiglass ındles rain runoff. □



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Sunset's Kitchen Cabinet®

Holiday foods and nonholiday meals get equal attention this month. When friends gather, bring out a premixed blend of brown sugar, butter, and spices to stir into hot beverages.

There's stuffing for the Thanksgiving turkey, or to bake another day in a casserole. Baked meringue with mincemeat topping and fruit muffins are both suited to the big day, and to everyday meals as well.

A hot pork-filled Yorkshire pudding

Stir spicy buttered mix to taste into hot apple or orange juice, hot milk, or coffee

Hot Buttered Beverage Mix

Keep this sweet spicy mix on hand for impromptu guests and holiday gatherings. When stored in the refrigerator, it will keep through the festive season.

- 6 cups (3 lbs.) firmly packed brown sugar
- 1 cup (½ lb.) butter or margarine at room temperature
- 2 tablespoons honey
- 1 tablespoon *each* vanilla, rum flavoring, and brandy flavoring
- 1 teaspoon ground cinnamon
- ½ teaspoon *each* ground cloves and ground allspice
- ¼ teaspoon ground nutmeg

In a large mixing bowl, combine brown sugar, butter, honey, vanilla, rum and brandy flavorings, cinnamon, cloves, allspice, and nutmeg. Beat on medium speed of electric mixer until smoothly blended.

Use at room temperature; to store, cover and chill up to 3 months. Makes 1½ quarts, about 24 dozen portions.—*I.W., Creswell, Ore.*

***To serve,** stir about 1 teaspoon of mix into each 6- to 8-ounce portion of hot apple or orange juice, hot milk (with coffee for caffe latte), coffee (with cream and a cinnamon stick for cappuccino), or hot water with rum. Mound the mix in a serving bowl and invite guests to serve themselves.*

This spicy pork casserole, to make ahead or bake now, has a puffy popover base

Pork-filled Yorkshire Pie

Serve with sliced avocado and oranges.

- 1¼ pounds lean, boneless pork butt, cut into ½-inch cubes
- 1 small onion, chopped
- 1 large package (8 oz.) cream cheese, diced
- 1 can (4 oz.) chopped green chilies
- 1 teaspoon ground cumin
- ½ teaspoon *each* oregano leaves and chili powder
- 2 eggs
- ¾ cup *each* all-purpose flour and milk
- ⅔ cup (2 oz.) grated Cheddar cheese
- ⅓ cup thinly sliced radishes

In a 2- to 3-quart pan, add pork and onion; cover. Cook 15 minutes on medium heat to draw juices out of meat. Uncover; stir until liquid evaporates and meat browns, about 20 minutes. Remove from heat and drain off fat; blend in cream cheese, chilies, cumin, oregano, and chili powder.

In food processor or bowl, blend eggs, flour, and milk. Pour into buttered 8- by 12-inch baking dish. Spoon pork mixture in center of batter. (If desired, cover and chill up to 1 day.)

Bake at 400° until browned, about 30 minutes. Sprinkle center with cheese and radishes. Serves 6 to 8.—*B.K., Fort Morgan, Colo.*

For breakfast or snacks, eat hot corn muffins with autumn jams and fruits

Fruited Corn Muffins

These muffins are best served hot, fresh from the oven; reheat if made ahead.

- ⅔ cup milk
- ½ cup honey
- ⅓ cup melted butter or margarine
- 2 eggs
- 1½ cups whole-wheat flour
- ⅔ cup cornmeal
- 2½ teaspoons baking powder
- ¼ teaspoon salt
- 1 large apple or pear, pared, cored, and chopped

In a small bowl, beat together milk, honey, butter, and eggs until blended; set aside. In a medium-size bowl, stir thoroughly flour, cornmeal, baking powder, salt; mix in fruit. Add milk mixture and stir just enough to barely moisten—a little flour mixture should still be dry. Spoon batter evenly into 18 greased 2½-inch muffin cups.

Bake in a 350° oven until edges are lightly browned, about 20 to 25 minutes. Set on a wire rack to cool slightly; then remove muffins from cups.

Serve muffins warm; or cool completely, seal airtight in a plastic bag, and store overnight at room temperature. To reheat, wrap a single layer of muffins in foil and place in a 325° oven until hot, about 10 minutes. Makes 18 muffins.—*M.R., Los Angeles.*

nd a chicken salad meet the need for ıake-ahead main dishes that require ttle attention before serving.

.end favorite original recipes to *Sunset Magazine*, Menlo Park, Calif. 94025. Ve pay $25 for each published recipe.

Italian stuffing for the turkey, holiday desserts, winter chicken salad

talian Sausage Stuffing

ake in a casserole or in the turkey.

- ½ cup (¼ lb.) butter or margarine
- ¾ pound mild Italian sausage, crumbled
- 1 cup chopped celery
- 1 medium-size onion, chopped
- ¼ pound mushrooms, sliced
- 1 package (10 oz.) frozen chopped spinach, thawed
- ½ cup *each* raisins and grated Parmesan cheese
- 1 cup chopped almonds
- ¾ cup dry white wine or water
- 1 teaspoon *each* rosemary and oregano
- 1 package (6 oz.) unseasoned stuffing cubes (about 4 cups)
- Salt

In a 4- to 5-quart pan, melt butter. Add sausage, celery, and onion; cook over medium-high heat until sausage is browned, about 20 minutes; stir often. Add mushrooms; stir often until liquid from mushrooms has evaporated, 7 to 10 minutes. Remove from heat; stir in spinach, raisins, Parmesan, almonds, wine, rosemary, and oregano. Mix in stuffing cubes; salt to taste.

Spoon stuffing into a buttered 2½-quart casserole; cover. Bake in 325° oven until hot, about 40 minutes. Serves 8 to 10.—*G.C., Saratoga, Calif.*

This amount of stuffing is sufficient for an 18- to 20-pound turkey.

Stuffing is Italian throughout; it has sausage, spinach, cheese, and oregano

Vinter Chicken Salad

erve with croissants or bran muffins.

- ⅓ cup *each* chopped almonds, lemon juice, and salad oil
- 2 tablespoons *each* honey, Dijon mustard, and poppy seed
- ½ teaspoon grated lemon peel
- ½ cup moist-pack dried apricots
- 4 cups bite-size pieces cooked chicken breasts (about 2 whole breasts, 1 lb. *each*)
- 1 red apple, cored and thinly sliced
- ¼ cup sliced green onion tops
- Salt
- Butter lettuce leaves

ut almonds in a 9- or 10-inch round pan. Bake in a 350° oven until lightly toasted, about 8 minutes; set aside.

In a medium-size bowl, stir together lemon juice, oil, honey, mustard, poppy seed, and lemon peel. Add apricots and let stand at least 30 minutes. Lift out apricots and set aside. Add chicken to dressing. (At this point, prepared ingredients can be covered and refrigerated up to 1 day.)

To serve, stir apple, green onion, and almonds into chicken; salt to taste. Arrange lettuce on four dinner plates and mound chicken salad in center, dividing equally. Wreathe with apricots. Serves 4.—*K.D., Tempe, Ariz.*

Dried apricots, marinated in sweet-tart poppy seed dressing, ring chicken salad

Vhipped Cream Meringue

he crackers taste like nuts in this ıeringue.

- 4 egg whites
- 1 teaspoon vanilla
- ½ teaspoon cream of tartar
- 1 cup sugar
- 6 coarsely crushed plain or salted soda crackers
- 1 cup whipping cream, whipped
- Mincemeat (recipe follows) or 2 peeled and sliced kiwi

Vith electric mixer on high speed, beat hites, vanilla, and cream of tartar un-l frothy. Slowly add sugar, beating ntil whites hold stiff peaks, about 6 inutes. Fold in crackers.

pread meringue over bottom of a buttered 9-inch cheesecake pan with removable bottom. Bake in a 300° oven until meringue feels dry, about 40 minutes; cool. Gently cut meringue free at edge. Remove rim and put meringue on a plate. (Cover at room temperature if made the day before.)

Top with whipped cream. Garnish with ⅓ cup mincemeat or kiwi. Serve with extra mincemeat or fruit alongside. Makes 6 to 8 servings.—*M.C., Castro Valley, Calif.*

Mincemeat. Mix together ¾ cup **canned mincemeat,** 2 tablespoons **orange juice concentrate,** and ½ teaspoon grated **orange peel**.

Meringue and cream are topped with mincemeat, kiwi, or frozen raspberries

Baked pears for breakfast are easy to manage; they bake while the family gets organized. Pan-fry cooked ham and warm bran muffins to complete this balanced, wholesome menu

GLENN CHRISTIANSEN

NOVEMBER MENUS

Pear and ham breakfast, pepper and halibut dinner, cold turkey salad

Light and fresh set the style for menus this month, to balance days of rich holiday foods. Fruits and vegetables pair with lean protein companions for wholesome, attractive meals.

For breakfast, warm baked cinnamon pears are the featured dish, accompanied by hearty bran muffins and browned ham. Red bell peppers, puréed, are the base of a scarlet custard that is both baked and then served with oven-poached halibut; the meal for six has dinner-party potential. Although light cream is part of the custard, a generous portion of peppers helps keep calories down.

With a nod to practicality, we also include a poultry salad that can use the remains of the Thanksgiving bird or be made with cooked chicken. Regardless of how you start, the salad looks and tastes first run. Lemon and hoisin sauce make a rich-tasting dressing for the meat, complemented by an array of tropical fruits.

A fall breakfast

The handsome shape of whole baked pears—Bartlett, Comice, or Bosc—makes the fruit a natural centerpiece for a meal.

Baked Cinnamon Pears
Bran Muffins Butter
Sautéed Ham Slices
Coffee with Hot Milk

Allow about an hour to get this meal together; however, if you elect to buy the muffins instead of making them, there isn't much cooking to do. The pears go in the oven first, then the muffins to bake or warm. As they cook, pan-brown the ham.

Baked Cinnamon Pears

Core 6 medium-size firm ripe **pears.** Cut a ½-inch-wide strip of peel from stem end. Set pears upright in a shallow baking dish or pan (9- to 11-inch round or square). Sprinkle with 1½ tablespoons **lemon juice.**

Stir together 5 tablespoons **butter** or margarine (at room temperature), ½ cup firmly packed **brown sugar,** ⅔ cup **raisins,** ½ teaspoon **ground cinnamon,** and ¼ teaspoon **ground nutmeg.** Divide mixture evenly among pear centers, packing it lightly. Distribute any remaining mixture

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Nice 'n Spicy

- 2 1/2 cups unsifted flour
- 1 cup KELLOGG'S® 40% BRAN FLAKES cereal
- 2 tsp baking powder
- 1/2 tsp ground cinnamon
- 1/2 tsp ground cloves
- 1/4 tsp ground nutmeg
- 1/4 tsp ground ginger
- 1 1/2 cups sugar
- 1/2 cup BEST FOODS® Real Mayonnaise
- 2 eggs
- 2 tsp vanilla
- 1/4 cup (about) confectioners sugar

In bowl stir together flour, KELLOGG'S 40% BRAN FLAKES cereal and next 5 ingredients. In large bowl with mixer at high speed beat sugar, BEST FOODS Real Mayonnaise, eggs and vanilla 2 min or until blended. With wooden spoon stir in cereal mixture. Cover; chill 1 hr. With greased hands, shape dough by level tablespoonfuls into 1 1/2" balls. Roll in confectioners sugar. Place 2" apart on greased cookie sheets. Bake in 350°F oven 12 to 15 min or until lightly browned. Cool. Makes about 4 dozen.

Jam Thumbprints

- 2 cups KELLOGG'S® 40% BRAN FLAKES cereal, crushed to measure 3/4 cup
- 2 3/4 cups unsifted flour
- 2 cups chopped nuts, divided
- 1/2 tsp baking soda
- 1 cup firmly packed light brown sugar
- 3/4 cup BEST FOODS® Real Mayonnaise
- 2 eggs
- 1 tsp vanilla
- Jam or jelly

In bowl stir together crushed KELLOGG'S 40% BRAN FLAKES cereal, flour, 1 cup nuts and baking soda. In large bowl with mixer at medium speed beat together sugar, BEST FOODS Real Mayonnaise, eggs and vanilla 3 min or until mixture is smooth and well blended. With wooden spoon stir in cereal mixture. Cover; chill 1 hr. Shape dough by level tablespoonfuls into 1 1/2" balls. Roll in remaining 1 cup nuts. Place 2" apart on greased cookie sheets. Make indentation with wooden spoon handle in center of each cookie. Bake in 375°F oven 12 to 15 min or until bottoms are lightly brown. While still warm press thumb into centers. Cool. Fill indentations with jam or jelly. Makes about 4 dozen.

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in clumps in bottom of pan. Pour ¼ cup **water** into pan and cover tightly with foil.

Bake in a 400° oven until pears are tender when pierced, 35 to 45 minutes. Serve warm. Makes 6 servings.

An elegant dinner for six

You have two ways to go to make the delicate red pepper custards. Start with fresh red bell peppers, roast them under the broiler, then purée; or if time is short purée canned roasted red peppers or canned pimientos.

Wine-poached Halibut
Red Bell Pepper Custards
Steamed Broccoli Spears
Walnut-studded Gourmandise Cheese
Sablé (Butter) Cookies **Grapes**
Dry Sauvignon Blanc

If you use fresh peppers, you can roast and purée them a day ahead. When all the ingredients are assembled, cooking takes about half an hour. The fish and custards bake at the same temperature; the sauce for the fish is made from the cooking liquid. Boil or steam the broccoli.

Present cheese, the butter cookies (purchased or made from a favorite recipe), and fruit on a tray as a self-serve dessert.

Wine-poached Halibut

- 3 large halibut steaks, each about 1 pound and 1¼ inches thick
- ½ cup dry white wine or regular-strength chicken broth
- 3 tablespoons lemon juice
- ¼ cup (⅛ lb.) butter or margarine
- ½ cup thinly sliced green onions, including tops
- Salt and pepper

Cut halibut steaks in half lengthwise alongside the center bone; discard bone. Arrange the 6 portions side by side in a buttered 9- by 13-inch pan; pour in wine and lemon juice. Cover tightly with foil.

Bake in a 375° oven until fish is opaque in thickest part (break with a fork to test), 15 to 20 minutes.

Lift fish from pan with a slotted spatula and arrange on a platter; keep warm. To baking pan add butter and green onions. Place on medium-high heat and boil, stirring occasionally, until reduced to ½ cup. Remove from heat; drain any juices from fish platter into pan and bring to a boil again. Spoon sauce over fish. Season to taste with salt and pepper. Makes 6 servings.

Red Bell Pepper Custards

- About 3 tablespoons butter or margarine, at room temperature
- 2 egg yolks
- 1 egg
- ⅔ to ¾ cup red bell pepper purée (directions follow)
- ¼ teaspoon salt
- ⅛ teaspoon ground white pepper
- 1 cup half-and-half (light cream)

Heavily butter 6 individual (½-cup size) metal molds or custard cups, using about 1 teaspoon butter for each. Arrange molds in a close-fitting 9-inch square or 9- by 13-inch pan; chill until ready to fill.

In a bowl, beat together egg yolks, egg, red pepper purée, salt, and pepper until blended. Bring cream to a boil; slowly add hot liquid to egg mixture, stirring. Ladle custard mixture equally into the prepared molds.

Set pan in a 375° oven. Pour boiling water into the pan halfway up mold sides. Bake until custards puff slightly and centers no longer jiggle when molds are gently shaken, about 20 minutes.

Lift molds from hot water and let stand 10 to 15 minutes. Run a sharp knife around edges of custards and quickly invert onto a serving platter. Serves 6.

Red bell pepper purée. Place 2 **red bell peppers** (about ¾ lb. total) on rack in a broiler pan. Broil 3 inches from heat; turn with tongs about every 5 minutes, until all sides are blistered and blackened, about 25 minutes total.

Enclose peppers in a plastic bag until cool

GLENN CHRISTIANSEN

Delicate red bell pepper custards accompany moist baked halibut that is sauced by its own cooking juices boiled with green onions

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enough to handle, at least 15 minutes. Peel off skin. Discard skin, stem, and seeds. Place pepper pulp in a food processor or blender and process until almost smooth. Makes ⅔ to ¾ cup purée. (Cover and chill if made a day ahead.)

If using canned roasted red peppers or pimientos, drain thoroughly on paper towels; whirl in a food processor or blender until smooth. You need 1 jar or can (7 oz.) canned peppers or pimientos to make ¾ cup purée.

An Oriental salad luncheon

Lacking leftover turkey, make this salad with chicken. A 4- to 4½-pound bird, roasted, yields about 4 cups meat.

You'll find hoisin sauce and sesame oil for the salad dressing in the Oriental section of most Western supermarkets—or use the alternative choices.

Sesame Turkey Salad
Pineapple Papaya Bananas
Sweet Hawaiian Dinner Rolls
Sparkling Water with Lime Wedges

You can prepare the salad dressing and salad separately early in the day and keep cold. You can also cut peel from 1 pineapple and slice into rounds, and peel and slice 1 papaya; cover and keep at room temperature until serving time.

To serve, mix dressing with salad and mound on a platter, surrounding with pineapple, papaya, and 2 bananas, peeled and diagonally sliced.

Sesame Turkey Salad

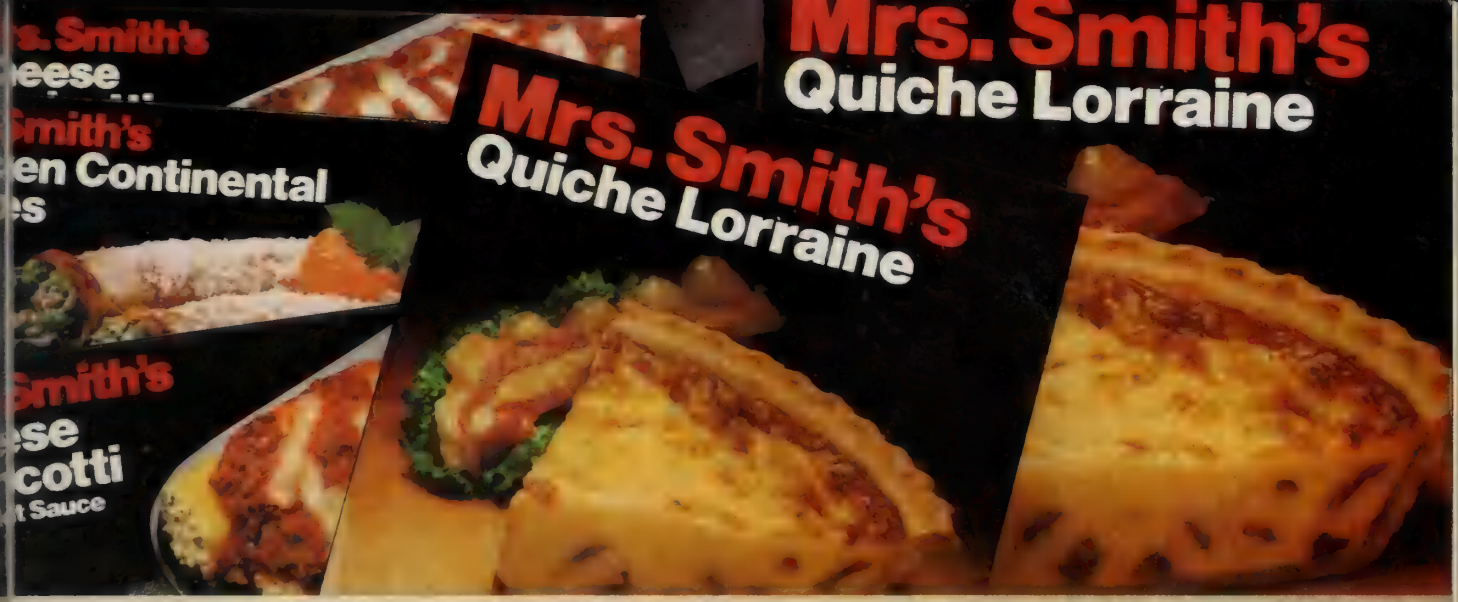
- ⅓ cup sesame seed
- 4 cups shredded cold cooked turkey or chicken
- ½ cup thinly sliced green onion, including tops
- ½ pound (3 cups) bean sprouts
- ½ cup chopped fresh coriander (cilantro)
- 8 cups bite-size pieces romaine lettuce
- Hoisin-lemon dressing (recipe follows)

Place sesame seed in a 7- to 9-inch frying pan over medium heat and let stand until seeds begin to brown lightly, then stir until all seeds are golden brown, about 5 minutes. Set aside.

Layer turkey, onion, bean sprouts, coriander, and romaine in a large bowl, about 4-quart size. (If made ahead, over and chill up to 4 hours.)

To serve, pour dressing and sesame seed over salad; blend by lifting with 2 forks, until well mixed. Mound salad on a serving platter. Makes 8 servings.

Hoisin-lemon dressing. Blend ⅓ cup **hoisin sauce** (or ¼ cup apple butter, 1½ tablespoons soy sauce, and ⅛ teaspoon cayenne); ⅓ cup **lemon juice;** 1 teaspoon finely chopped **fresh ginger;** 1 clove **garlic,** minced or pressed; and ¼ cup *each* **sesame oil** and **salad oil** (or all salad oil). Cover and chill if made ahead.



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DAVID STUBBS

Brief cooking tempers the nature of garlic. Drain cloves, then slip them out of their skins with a pinch

If a little is good, will more be better? With garlic, the answer for most tastes would be "no"—unless the garlic is blanched.

Blanching tames garlic. It takes away the hot sting and most of the lingering aftertaste (and afterbreath) while bringing

Garlic by the cupful? When it's tamed by blanching

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SAVE 35¢ on two packages
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35

A dash of this, a pinch of that, and Planters® Oil.

THIS IS THE WAY TO CLASSY CHICKEN CACCIATORE.

The difference between good cooking and great ɔking can be a touch. A nuance. You try a new ısoning. Or a little less pepper. And voilà! It coaxes flavor a little bit further, to the point of ɔlutely delicious.

That great mystery of "nuance" is why so many at cooks use Planters Oil. (For centuries, in fact, anut oil has been a tradition in international cuisine.)

Because in some magical, quiet, but undeniably icious fashion, Planters 100% Peanut Oil brings out flavor of everything you cook with it.

So no matter how good your cooking is already, n another little secret like Planters Oil, you can ɔk even better.

CHICKEN CACCIATORE (Makes 6 to 8 servings.)

¼ cup Planters® Peanut Oil
2 small chickens, cut up
⅓ cup flour
2 tbsps. chopped shallots
1 clove garlic, minced
1 green pepper, chopped
5 tomatoes, peeled and chopped
½ tsp. salt
¼ tsp. white pepper
½ cup chicken broth
1 can (8 oz.) tomato sauce
½ bay leaf
⅛ tsp. thyme leaves
⅛ tsp. marjoram leaves
1½ cups sliced fresh mushrooms

In large skillet heat oil. Coat chicken with flour; fry until well browned. Remove from skillet. Sauté shallots, garlic, and green pepper until tender. Mix in remaining ingredients except mushrooms. Return chicken to pan; bring to a boil. Cover and simmer 30 min. Add mushrooms; cook, uncovered, 15 min. Remove chicken to serving dish; pour sauce over (sauce may be thickened with up to 1 tbsp. flour).

© Nabisco Brands, Inc. 1982

NABISCO BRANDS

DAVID STUBBS

Generous topping of blanched garlic on sliced tomatoes absorbs instead of overwhelms flavors of salad dressing

forth the delicate underlying sweetness of this bold bulb.

You can use blanched garlic with shocking abandon—by the cupful. When it's served in quantity, as on the tomato salad at left, people may be puzzled as to its identity since the flavor is not only very mild, it absorbs rather than dominates the flavors of the dressing. If the blanched garlic is sautéed, the taste is daintily but clearly defined.

A real plus of working with blanched garlic is that you just slip off the skin, as you do with blanched almonds, and your hands don't reek of garlic.

Here we suggest three recipes that show blanched garlic to its best advantage. You might also sauté whole or sliced cloves, as directed in the prawn and sole recipes, to serve with lamb, pork, beef, chicken, scrambled eggs, and omelets, or to sprinkle generously on hot baked pizza.

Blanched Garlic

Break **garlic head** apart into cloves. Drop cloves, unpeeled, into rapidly boiling **water** to cover. Boil, without lid, until cloves are tender when pierced, about 3 minutes for ¼-inch-thick cloves, up to 10 minutes for 1-inch-thick cloves. Pour into a colander to drain.

When cool enough to touch, pinch tips of cloves between thumb and forefingers to squeeze garlic out of its skin (as in the large photograph on page 188). Store, covered, in the refrigerator up to 1 week. A 3-inch head of garlic yields about ½ cup whole or sliced garlic.

Sliced Tomatoes with Marinated Blanched Garlic

- ½ cup olive or salad oil
- 3 tablespoons white wine vinegar
- 1 tablespoon *each* Dijon mustard and chopped parsley
- 1 cup sliced blanched garlic (directions precede)
- Butter lettuce
- 4 medium-size tomatoes, cored and sliced
- Salt
- Freshly ground pepper

In a 1½- to 2-cup jar, blend together oil, vinegar, mustard, and parsley. Stir in blanched garlic, cover, and let stand at least 15 minutes or as long as overnight, at room temperature.

Line a serving platter with the lettuce leaves, then arrange sliced tomatoes over leaves. Spoon marinated blanched garlic, along with the dressing, onto tomatoes;

Easy Enchiladas Las Palmas

Ground beef*—1 lb.
Chopped onion—½ cup.
LAS PALMAS ENCHILADA SAUCE—three 10 oz cans.
Corn tortillas—8.
Cheddar cheese (optional)—1 cup, grated.
Sour cream (optional)—for garnish.
Ripe olive slices (optional)—for garnish.

(1) Crumble ground beef into frying pan and saute with onion until meat is no longer pink. Drain grease. Mix in ⅓ cup **LAS PALMAS ENCHILADA SAUCE.** Set aside.
(2) Heat ½" depth of **LAS PALMAS ENCHILADA SAUCE** in clean frying pan. Coat each tortilla on both sides until tortilla bends without cracking.
(3) Place tortilla on plate. Fill with 3 tablespoons of meat* filling and roll. Place the rolled tortillas seam side down in a 9" x 13" baking dish. Pour the rest of the **LAS PALMAS ENCHILADA SAUCE** over them, making sure the edges are covered with sauce.
(4) Bake at 350°F for 20 minutes or until bubbly. Garnish with cheese, plus sour cream and olives if you like. Makes 8; serves a family of 4.
*For variation, substitute cooked chicken or grated cheese.

SAVE 15¢. SAVE 15¢.

On a 10 oz can of Las Palmas Enchilada Sauce, original red chili style or new, Tomato Style.

Mr. Grocer: To redeem this coupon, mail it to Las Palmas P.O. Box 1411, Clinton, Iowa 52733d. You will be paid face value plus 5¢ handling, invoices proving purchase of sufficient stock to cover coupons presented. Coupon redemption must be shown on request. Cash redemption value 1/100 of one cent. Offer void where prohibited, taxed or restricted by law. This coupon redeemable only on brand specified. Any other use constitutes fraud. Offer expires [illegible] 30 [illegible]. Customer must pay any sales tax. [illegible] COUPON

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Original, Red Chili Recipe

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New Wish-Bone Lite Buttermilk Dressing. With the freshness of real buttermilk. Perfectly balanced and blended with the special taste of real sour cream to make it as luscious as only Wish-Bone knows how.

But with a third less calories than regular buttermilk dressing. Wish-Bone Lite Buttermilk. Rich in flavor. Not in calories.

EAT RIGHT WITH WISH-BONE LITE.

Norway's super natural cheese

JARLSBERG®:

Mild, uniquely delicious Jarlsberg cheese is ideal with wine, fantastic with fruit and great for snacking. It's made the natural, Norwegian way. Slice it, chunk it, grate it, or melt it into your favorite cheese recipes. Jarlsberg blends beautifully into breakfast omelets, luncheon salads, and an array of delectable dinner dishes. Try this enticing easy-to-make recipe.

Now you're cooking

Jarlsberg Omelet

Combine 8 eggs slightly beaten, 1/4 c. milk, 1 tsp. salt, 1/4 tsp. dry mustard, 1/8 tsp. pepper. Beat well and cook in buttered skillet (with oven-proof handle) at medium heat until eggs begin to set. Lift eggs to allow liquid to run under. Sprinkle on 1 c. shredded Jarlsberg, 1 c. cubed cherry tomatoes, 1/3 c. cubed green peppers, 1/3 c. red pepper strips, 1/4 c. sliced green onions. Cook until almost set and bake at 400° for 5 minutes or until done. Sprinkle on 1/2 c. shredded Jarlsberg. Serves 4-6.

Ask for Jarlsberg wherever you buy cheese.

© 1982 Norseland Foods, Inc., Stamford, Connecticut 06901

sprinkle with salt and pepper to taste. Serve immediately. Makes 6 to 8 servings.

Prawns with Anise and Garlic

- 24 (about 1½ lbs.) jumbo prawns or 1½ lbs. medium-size prawns
- 6 tablespoons butter or margarine
- 2 tablespoons salad oil
- 1½ cups sliced blanched garlic (directions precede)
- ¼ teaspoon fennel or anise seed, crushed
- 1 cup dry white wine
- 3 tablespoons anise-flavored liquor (Pernod or Ricard)
- Dandelion greens or watercress

Peel prawns, leaving on tail section of shell; devein, rinse, and drain. In a 12- to 14-inch frying pan over medium heat, melt 4 tablespoons of the butter. Add garlic and stir until pale gold (browning gives a bitter taste), about 5 minutes. Remove from pan and keep warm.

Add remaining butter and oil to pan. When butter melts, add as many prawns as will fit into pan; cook, turning once, just until prawns are opaque in center (cut to test), 3 to 5 minutes. With a slotted spoon, transfer to a serving platter and keep warm. Repeat to cook remaining prawns.

Add fennel, wine, and anise-flavored liquor to frying pan. Boil over medium heat until sauce is reduced to about ⅓ cup, about 7 minutes. Remove from heat, return prawns to pan, and mix well. Place prawns back on platter and sprinkle garlic on top. Garnish with dandelion greens. Makes 6 servings.

Sole with Tarragon and Garlic

- 6 tablespoons butter or margarine
- 2 tablespoons salad oil
- 1 cup sliced blanched garlic (directions precede)
- 1½ pounds sole fillets
- All-purpose flour
- ¼ cup white wine vinegar
- 1½ teaspoons dry or 1½ tablespoons fresh tarragon
- Tarragon or parsley sprigs
- Lemon wedges

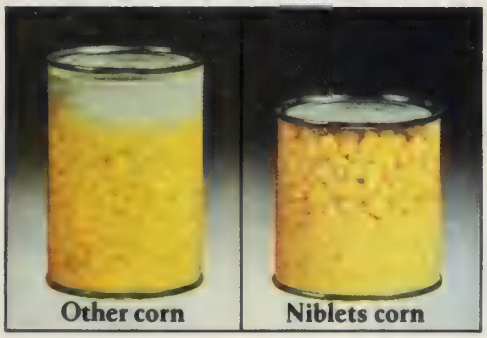
In a 12- to 14-inch frying pan over medium heat, melt 4 tablespoons butter. Add garlic and stir until pale gold (browning gives bitter taste), about 5 minutes. Remove from pan; keep warm.

Cut sole into serving-size pieces, if needed. Coat with flour and shake off excess. Add remaining butter and oil to pan and melt on medium-high heat. When fats begin to foam, add as many pieces of sole to pan as will fit without crowding.

Cook, turning once, just until the fish is golden and flakes when prodded, 3 to 5 minutes. Lift from pan to a platter and keep warm. Repeat to cook remaining sole and put on platter.

To pan drippings, add vinegar and tarragon. Boil on high heat until liquid is reduced to 3 tablespoons, about 1 minute. Drizzle sauce over sole. Top with sautéed garlic and garnish with tarragon and lemon wedges. Salt to taste. Serves 4.

Why Niblets corn tastes so crisp and fresh.



The Giant keeps most of the water out. He vacuum-packs his Niblets corn with less water than you find in taller cans of corn.

This helps preserve its fresh flavor and crispness.

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TALKING TURKEY TO "TOUGH CUSTOMERS."

When it comes to creating that special holiday dinner, tough customers rely on the store that gives them more...at holiday-helping prices. Maybe that's why Safeway puts more turkeys — and all the trimmings — on more holiday tables than any other store in America. Here are some tips on making this year's bird the best ever.

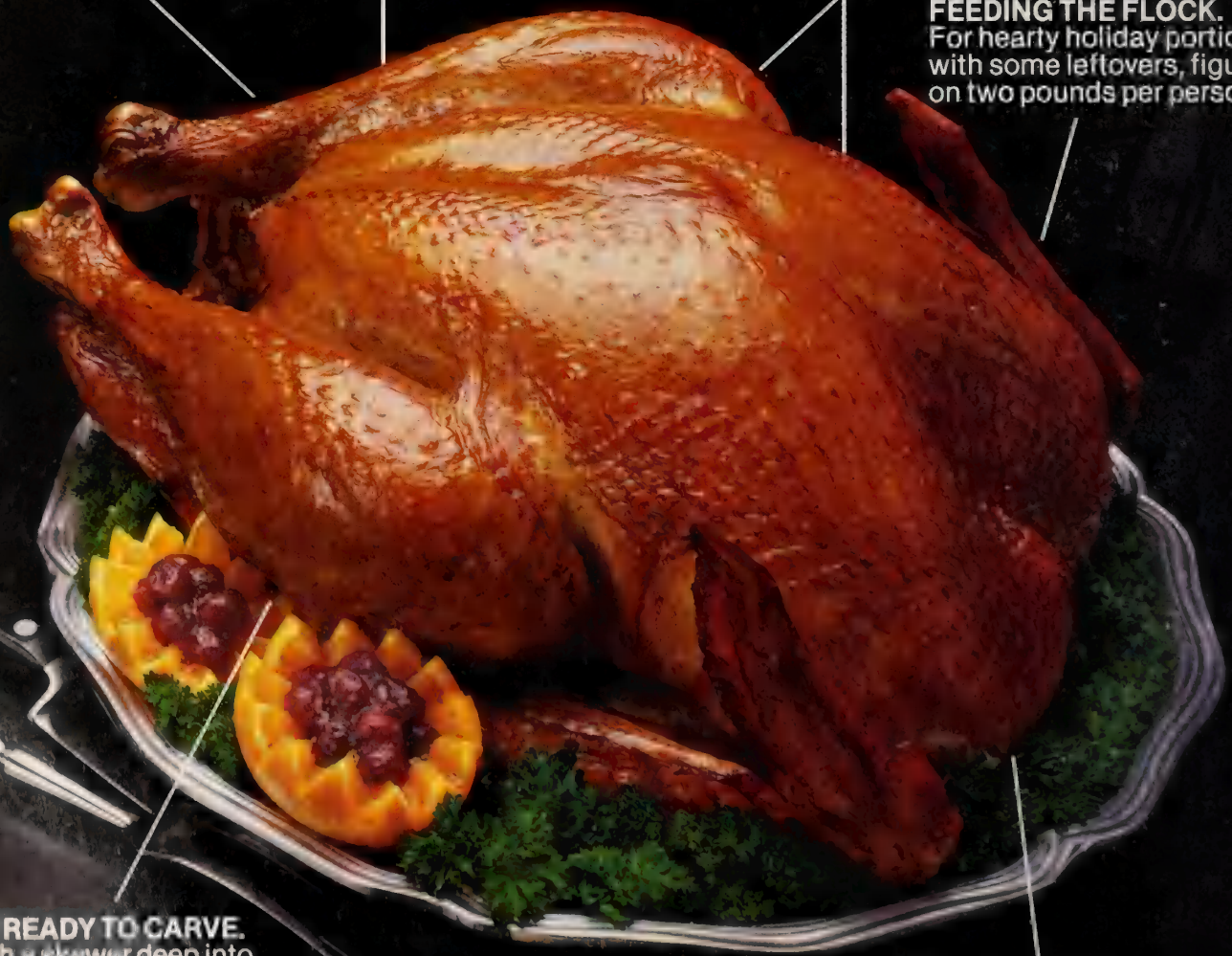
It's one more way of wishing you the happiest of holidays... from Safeway.

TODAY'S SAFEWAY. WHERE YOU GET A LITTLE BIT MORE.

FRESH OFF THE FARM. When you buy fresh, smooth, moist skin and even coloring means your turkey's at its freshest.

BE AN EARLY BIRD. When you buy frozen, plan ahead. Allow at least two full days in the fridge to thaw a 12-14 pounder.

FEEDING THE FLOCK. For hearty holiday portions with some leftovers, figure on two pounds per person.



IT'S READY TO CARVE. Push a skewer deep into the thickest part of the thigh and tip the bird. It's done when the juice runs clear.

COOK TO SUCCULENCE. Most cookbooks recommend around twenty minutes per pound at 350° F.

'egant dinner for six left hosts free to entertain. Chef ganized food in the kitchen, formally attired waiter served. r cost of a catered dinner like this, see page 196

***Garden reception** for 200 at Dunsmuir House in Oakland was organized from menu to seating by caterer, who provided food, tables, chairs, linens, and utensils*

PETER CHRISTIANSEN

***Picture portfolio** helped Cathy plan a menu for her Menlo Park wedding reception*

Want to call in a caterer to help with a party? Questions to ask

successful party, big or small, is one at's enjoyed by the host as well as the ests: But when your time must be de- ted to more than the meal, putting on a rty may be more hassle than fun.

here do you turn? A good caterer may the answer when you want to shed ny of the responsibilities of being the st, yet still enjoy that role. But using a terer demands planning, too.

cently, we surveyed caterers through- t the West, asking them how a client ld best make use of their services. We o asked them to consider that *Sunset's* ders are creative cooks accustomed to tertaining.

Their responses were right to the point. Here is a summary.

Start with a game plan

Put together some concrete thoughts about the kind of party you want and when you want it to take place.

What is the occasion? A wedding, Christmas party, business gathering, birthday, just for fun? What kind of atmosphere do you want to create: elegant, casual, business-like, sentimental, romantic, nostalgic, humorous? These thoughts dictate the tone of the party. They will also help you decide on a theme (if you want one), a color scheme, the type of serving pieces, and how the party is presented.

Also decide how you want the meal served: sit-down or buffet, from plates or hand-held, indoors or out, at home or elsewhere. The number of guests will likely be a consideration. Do you want the foods cooked for guests as part of the show, or dished up behind the scene?

As you plan, keep in mind the ages, sexes, or special needs (restricted diets or physical limitations) of your guests.

Scheduling around the caterer's calendar and the weather forecast

If you chose a busy time of year, a popular caterer may need several weeks' to several

Movable equipment can be set up out of guests' view to handle baking, chilling, and other catering needs

months' advance notice. December and June tend to be very busy months, and if the event is a major one, start looking for a caterer as soon as the date is set.

During the week and for smaller parties, you can call for help on much shorter notice. For example, it may be possible to put together a small cocktail buffet with 24 hours' notice; many caterers have several parties of varying complexity running simultaneously.

What time of day do you want to have the event: morning, midday, afternoon, evening? The hour will affect menu choices.

The kind of weather expected for the party date may not be important if the party is indoors, but it's crucial if you want to serve outside. What kind of provisions can the caterer make for rain, wind, snow, even too much sun?

Finding a caterer: the best lead is someone else's success

Start looking for a caterer responsive to your needs. Be prepared to be totally frank about what you want, what you want to spend, and alternative ways to meet your budget. Along with these considerations, you want someone you will feel comfortable working with and who you're confident can carry out your plans.

A personal referral—someone else's success—is a good place to start. Ask friends and business associates for suggestions. Or if you are at a catered party you like, request a business card.

For other leads, check the yellow pages under Catering or Party Giving, ads in local newspapers and magazines, and programs for music, art, and charity events that carry ads.

Then start calling prospective caterers and get down to details for your party.

Shopping around

Complete caterers are party planners and can take care of every detail (or may insist on it): invitations, decorations, tables, chairs, linens, flowers, glassware, flatware, serving pieces, food service (preparing and serving), beverage and beverage service, perhaps music and entertainment.

Other caterers will manage as much or little of the food, beverage, and service as you want. Perhaps they'll only prepare the food—or serve it. Make sure you and the caterer agree on who will do what and move on, if necessary, until you locate someone receptive to your goals.

Talk cost frankly, for this factor is certainly a part of your decision. What is your budget? What will you get for this sum? How is the fee calculated? What will the cost per person be? Is there a minimum charge?

Usually the caterer has a price range for the food, then adds on costs by the hour for labor (service and bartending), rental equipment, flowers, entertainment, and beverages. Caterers who have liquor licenses can include beverage cost, which may be based on a per-person fee or consumption; otherwise, they will often shop for you and charge you the retail cost, or you can handle the beverages. Get an estimate for all of these items as you make your choice.

Most caterers ask for at least 50 percent of the payment before the party. Average cost per person for food preparation and service is in the neighborhood of $35 for a sit-down meal, $20 for a buffet meal, $15 for a cocktail buffet. Some caterers work upward from a minimum fee; if you have fewer guests, then the cost per person goes up. A minimum fee ranges widely—our survey showed $50 to $1,500. Prices are based on the kind of food and beverage, the number of servings, and the amount of time and labor; you may decide to redesign your party to meet your cost objectives.

PETER CHRISTIANSEN

Outdoor buffet at Napa-Sonoma reception was kept freshly stocked by caterer's crew

Just remember that the more details you want the caterer to handle, the more you'll have to spend—and once you have agreed upon a procedure, any changes you make may also add to the cost. For example, if you switch from buffet to sit-down service, more manpower is needed and service costs go up.

Caterers in our survey strongly recommended shopping around. But they urge that you compare the same sort of menus and services from one firm to the next. As you narrow your choices, ask caterers for a list of former clients you can contact for references. It's also a good idea to visit caterers' kitchens to evaluate their facilities and see how they work.

Planning the menu: caviar or hot dogs?

Once you have selected a caterer and settled roughly on the kinds of food, you need to plan the menu. Caterers are prepared to make suggestions. Usually they have a portfolio of photographs and menus of previous parties for you to consider. Some feature certain dishes, others can do anything. Agree upon how food service is to be handled at each phase.

We asked caterers if they were willing to work with their clients' favorite recipes. The answer was yes, if the recipe looks achievable and fits the caterer's style.

Some people like to prepare part of the food, their own *pièce de résistance,* and have it served; this should be considered in the cost.

Discuss the quantity of food you want to have available; whether you want abundance or controlled portions, the caterer will help you determine what is adequate. Naturally, the amount and type of food and its costliness will affect your bill.

Most caterers want to check out the party location at some point, particularly if the group will be large. They need to know what kind of space they have to work in, how much equipment to bring, what power and water sources they can use. Most cart away the garbage.

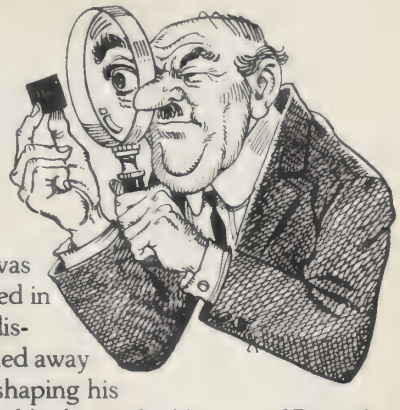
Formalize the agreement, then enjoy the results

Once the talking is over and the plan is agreed upon, a written agreement is most advisable. In it you should have the complete menu (including beverage), rental fees, a list of services to be provided and hourly fees for labor, the party logistics (how it is to be set up and a schedule), the price, taxes, and gratuities.

With contract in hand, caterers advise clients to sit back and relax. After all, that's why you hired them.

Lord Horace Calls In the Police

Chapter 1 of "The Last Mint," a baffling story of low doings in high places.



The Chief Constable for Blodshire was summoned. He arrived in somewhat of a snit, disgruntled at being called away from his lifework of shaping his boxwood hedge in the likeness of Disraeli.

While the servants were being assembled in the drawing room for questioning, the Chief Constable was shown the solitary remaining mint.

"In my opinion, this is definitely an After Eight Chocolate Mint," he said, and went home.

He left behind him several unasked questions: Why were there no footprints in the flower bed? Who was the last person heard to say "Dashed good!"? What did the scullery maid find in the butler's waistcoat pocket. . . and why did she giggle? Why only two bathrooms?

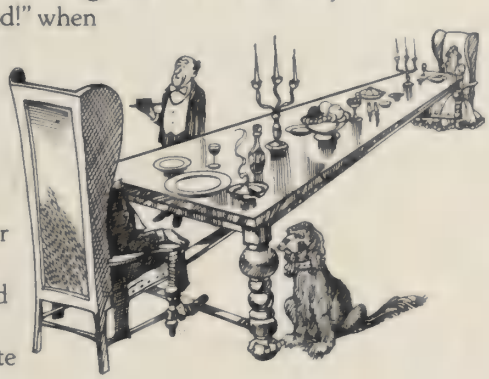
Such questions beget further questions: Why does everyone in this household—including Garridge, the chauffeur, and Mrs. Pitts, the housekeeper—look startlingly like Lord Horace? Where is this story leading?

The answers to these and other equally befuddling questions may, or may not, be forthcoming in future installments of "The Last Mint" in these pages.

elcome to Blodstoke, the modest country home Lord Horace and Lady nelope Blodgett-Stokes, own to their friends as uff and Binky. Forty-ght bedrooms, two throoms.

In this four-century-d house, where the din-g-room table is a bit too ng for a decent game of ng-pong, a major crisis has sen: there is a mysterious ortage of After Eight Chocolate ints.

(For those of you unfamiliar with these scrumptious glish confections, they're sort of wafer-thin squares. rk chocolate on the outside, and a soft, creamy mint iting on the inside. We English tend to roll our eyes d say "Dashed good!" when eat them.)



The shortage s discovered en McPhee, the tler, trundled the fee service into dining room after ner.

"Oh, goody!" said rd Horace. "The ter Eight Chocolate nts!"

His Lordship's pleasure was short-lived. The box s quite empty, and there was only one mint on the h.

"Only one left?" said Lord Horace.

"Only one, milord," said McPhee.

"Only one?" said Lady Penelope from fifty t down the table, thereby giving the lie to husband's oft-repeated remark that dear Binky was deaf as a post.

"This is the third shortage this month," said Lord race. "By George, I'm going to get to the bottom of this!"

"The Last Mint" has been adapted for a series of major television commercials produced for Masterstroke Theatre.

Will Lord Horace get the last mint? Lady Penelope seems to think otherwise.

© 1982 Hershey Foods Corporation

After Eight Chocolate Mints

Assembly-line lasagna

Making a lot at once . . . for a big group or the family, for right now or the freezer. You deal one layer at a time.

Need an ace in the hole for holiday entertaining and family meals? Something ready to pop in the oven if you decide to invite the football gang home after the game, when an everyday schedule gets tight, or when you need to participate in school or neighborhood potlucks?

This mass-produced lasagna may just fit your bill. In total, the recipe produces 50 to 60 portions, but by varying pan size, one unit can serve 6 to 8, while another can serve 16 to 20.

Spend a morning or afternoon keeping an eye on the simmering sauce and baked meat-loaf filling—they don't require much attention. Gather up cheeses and lasagna noodles (you don't have to cook the pasta because the rich, juicy sauce moistens and tenderizes it), and assemble as shown at right. Choose pan sizes from the chart below, using all of a kind, or mixing and matching to suit your needs.

Holiday Pork Lasagna

2½ to 3 pounds dried lasagna noodles
Tomato pork sauce (recipe follows)
Sausage meat loaf (recipe follows)
5 pounds ricotta cheese
2½ pounds mozzarella cheese, thinly sliced
5 cups (about 1¼ lbs.) grated or shredded Parmesan cheese

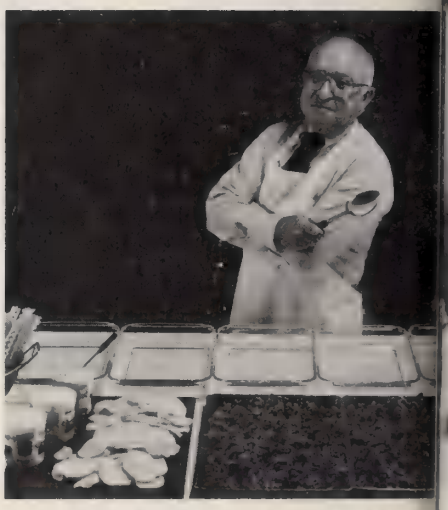
Select number and sizes of pans from chart below to suit your needs.

Just before assembling, rinse the noodles under warm running water to moisten and to wash off any excess flour.

To assemble each 9-inch-square pan, refer to chart for quantities of ingredients to use. Spread ½ cup of the sauce in un greased pan; arrange ½ of the rinsed noo dles in a single layer on top. Spoon ½ cu more sauce over noodles, then layer on of the sausage mixture, ½ of the ricott cheese, and ½ of the mozzarella slice Repeat layers once more. Top with th remaining 1 cup sauce and sprinkle wit Parmesan cheese.

To assemble each 9- by 13-inch pan, refe to chart for quantities of ingredients t use. Spread 1 cup sauce in ungreased pan arrange ½ of the rinsed noodles on top Spoon 1 cup more sauce over noodles then layer on ½ of the sausage mixture, of the ricotta cheese, and ½ of the slice mozzarella. Repeat layers once more. To with remaining 2 cups sauce and sprinkl with Parmesan cheese.

To assemble each 11½- by 17-inch pa refer to chart for quantities of ingredient to use. Spread 1½ cups sauce in ungrease pan; arrange ½ of the rinsed noodles in single layer on top. Spoon 1½ cups mo sauce over noodles, then layer on ½ of th sausage mixture, ½ of the ricotta chees and ½ of the sliced mozarella. Repea layers once more. Top with remaining



1 • *Assembly-line organization right to left: uncooked noodles, cheeses, seasoned meat, sauce, grated cheese*

WHAT YOU NEED: pans, proportions, baking times

Baking dish or pan size	9x9 pan	9x13 pan	11½x17 pan
Number of pans	10	5	3
Servings per pan	6 to 8	10 to 12	16 to 20
Cups of sauce per pan	3	6	10
Pounds of lasagna noodles per pan	¼	½	1
Amount of sausage mixture per pan	1/10 (about 2½ cups)	⅕ (about 4½ cups)	⅓ (about 8 cups)
Pounds of ricotta cheese per pan	½	1	1⅔
Pounds of mozzarella cheese per pan	¼	½	¾
Cups of Parmesan cheese per pan	½	1	1⅔
Baking time (350°)	45 minutes	1 hour	2 hours
Baking time (325°) if frozen	3 hours	3 hours	4 hours

DARROW M. WATT

Las Vegas dealer's technique for lasagna game is captured here by multiple-exposure camera. Start with sauce, cover with noodles, more sauce, chopped meat, ricotta and mozzarella, rest of sauce, and Parmesan

s sauce and sprinkle with grated Parmesan cheese.

Bake pan or pans of lasagna, covered, in a 350° oven, following directions in chart, until hot to the touch in center. Uncover and continue baking until cheese on top browns. Let stand for about 15 minutes before serving.

To prepare unbaked lasagna ahead, wrap and chill up to 2 days, or freeze for as long as 2 months. You can bake from frozen state (see chart), or let thaw in refrigerator, then bake as if freshly made. Makes a total of 50 to 60 servings.

Tomato pork sauce. Trim excess fat from a 3½- to 4-pound boneless **pork butt or shoulder;** cut pork into 2-inch cubes.

Put pork in a 10- to 12-quart kettle. Cook, covered, on medium-high heat, to draw juices out of meat, about 30 minutes. Uncover and cook on high heat. Stir occasionally as juices evaporate, until meat is well browned, 7 to 8 minutes. Lift out meat and set aside.

Reduce heat to medium and add 3 medium-size **onions,** coarsely chopped. Cover and cook for 3 to 4 minutes. Add 8 cloves **garlic,** minced or pressed, and cook, stirring, until onion is very limp, about 10 more minutes.

Pour in ¼ cup water and scrape pan to loosen browned bits. Add 6 cans (1 lb. 12 oz. *each*) **pear-shaped tomatoes** and their liquid; break up tomatoes with a potato masher or spoon. Stir in 4 large cans (12 oz. *each*) **tomato paste** and the pork cubes. Cover and simmer on very low heat until pork shreds easily, about 4 hours. You should have 7½ quarts. Let cool.

Lift out meat and, with fingers or 2 forks, pull apart into shreds; return to sauce.

(At this point you can cool, cover, and refrigerate the sauce as long as 2 days.)

Sausage meat loaf. In a large (10- to 12-qt.) bowl, thoroughly mix 4 pounds *each* **ground lean beef** and **ground pork;** 8 **eggs;** 1 cup *each* finely chopped **parsley,** freshly grated **Parmesan cheese,** and **fine dry bread crumbs;** 2 tablespoons *each* **fennel seed** and **oregano leaves;** 1 tablespoon **pepper;** 2 teaspoons **salt;** and 2 teaspoons **crushed dried hot red pepper.**

Divide meat mixture in half and pat each portion evenly in an ungreased 10- by 15-inch shallow rimmed pan. Bake in a 450° oven until tops are well browned, about 30 minutes. Let cool.

(At this point, you can cool, cover, and refrigerate the meat mixture as long as 2 days.) Chop into about ½-inch chunks and mix meat with any juices before using in lasagnas. □

3 • *Lotsa lasagna! Bake all at once to feed a crowd, or freeze to bake later for family or entertaining*

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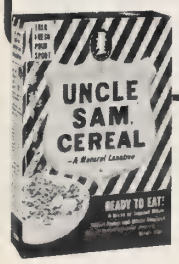

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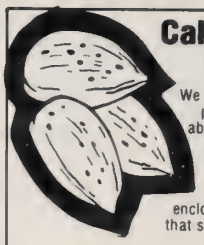

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lerring and onions . . . you pickle

memade **pickled herring** begins with chased herring packed in salt brine— ilable in delicatessens or fish markets. k fish to rinse out salt, then pack in a y pickling mixture; it takes a couple of s for flavors to soak in.

ve herring and the onions from the rinade with dark bread and butter for t meals or party appetizers.

me-style Pickled Herring

About 5 pounds herring in brine (12 fish with heads and tails)
Cold water
quart distilled white vinegar
cups sugar
tablespoons whole allspice
bay leaves
large onions, thinly sliced

Rnove heads and empty body cavities, eeded. Rinse herring in cold running er and place in a large bowl; cover h water. Cover and chill 2 hours to rnight, changing water several times; ger soaking further reduces saltiness.

in herring and cut off tails. To fillet, a small sharp knife parallel to back- e on each side to free fish; discard e; do not remove skin. Trim bottom of ts to remove fins; also cut away top Cut fillets crosswise into 1-inch strips.

2- to 3-quart pan, combine vinegar, cups water, sugar, allspice, and bay. ng to a boil, stirring, over high heat; ce heat and simmer, uncovered, for 5 utes. Let cool.

ernate layers of herring and onion s in wide-mouth jars (you'll need a l capacity of 3 to 4 qts.), filling to 1 below rim. Pour in vinegar mixture over. Cover and chill at least 2 days flavors to mingle before serving; her- will keep up to 2 months in the igerator. Makes 3 to 4 quarts. □

patent pending

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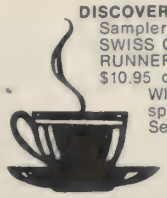

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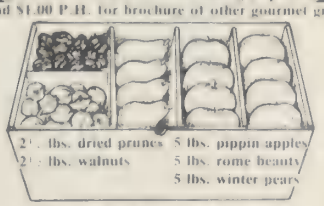

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Unless you're an anthropologist, yams cause confusion

"Yam" is one of those words that cause confusion. For those who like to read the adventures of anthropologists, the word refers to a staple food of many tropical places. However, in our supermarkets, it names a type of sweet potato that has sweeter, moister, oranger flesh than a "real" sweet potato.

Richard Stephens ignores this confusion and does something suitably simple with yams, merely adding almonds, oranges, and butter. The result is very nice.

Chefs of the West

The Art of Cooking . . . by men . . . for men

Yams and Oranges

- ¼ cup sliced almonds
- 4 large yams (about 2½ lbs. total)
- 3 medium-size oranges
- ½ cup (¼ lb.) butter or margarine, cut into pieces
- Salt and pepper

Scatter almonds in a single layer in a shallow baking pan (about 9 inches square). Place in a 350° oven until lightly browned, 5 to 8 minutes. Set aside; turn the oven to 400°.

Scrub yams, pat dry, then pierce in several places with the tines of a fork. Place yams on a baking sheet (at least 7 by 11 inches). Bake, uncovered, in a 400° oven until yams give readily when squeezed, 45 to 55 minutes.

Meanwhile, cut peel and all white membrane from oranges, then cut segments free and set aside. Remove yams from oven and quickly peel. In a food processor whirl hot yams, butter, and half of the orange segments until well combined (or mash potatoes with butter and beat in half of the orange segments). Season to taste with salt and pepper. Spoon into a warm serving bowl and garnish with the remaining oranges and almonds. Serve at once. Makes 4 to 6 servings.

Mountlake Terrace, Wash.

Lt. Col. Gordon Gershon offers a richly seasoned curry dish appropriately titled Maharajah's Royal Scallop and Shrimp. Scallops, as speculators know, have replaced gold as a medium of international exchange, and shrimp futures have made more than one fortune. If you dare to dabble in the market, try his recipe.

Maharajah's Royal Scallop and Shrimp Curry

- 4 tablespoons (⅛ lb.) butter or margarine
- 1 small onion, finely chopped
- 2 cloves garlic, minced or pressed
- 1 to 2 teaspoons Madras curry powder, or 2 to 3 teaspoons regular curry powder
- ¾ pound scallops, rinsed and drained
- 1 pound medium-size (30 to 32 count) raw shrimp, shelled and deveined
- 1 cup whipping cream
- ½ cup dry white wine
- ½ teaspoon summer savory
- 2 tablespoons water
- 1 tablespoon cornstarch
- Salt and pepper
- Hot, cooked rice

In a 10- to 12-inch frying pan, melt 2 tablespoons of the butter over medium he

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"Lt. Col. Gordon Gershon offers a richly seasoned curry dish appropriately titled Maharajah's Royal Scallop and Shrimp."

add the onion, garlic, and curry powder and stir often until onion is soft. Add remaining 2 tablespoons butter; when melted, stir in scallops and shrimp and stir often until shrimp turn pink, 3 to 5 minutes. With a slotted spoon, lift out scallops and shrimp and set aside; keep warm.

Add cream, wine, and summer savory to pan; blend water with cornstarch and stir into cream mixture. Cook, stirring, until bubbly and thickened. Return seafood to pan and heat through. Season to taste with salt and pepper and serve over hot, cooked rice. Makes 4 to 6 servings.

Sunnyvale, Calif.

Certain of the *Chefs of the West* engaged in extensive research, culminating in the announcement at a recent meeting that there existed 2,600,000 recipes for ribs. At a subsequent meeting, John Leitch brought with him recipe number 2,600,001. Naturally, it is difficult to judge the precise degree to which his recipe is original, but rib recipes are somewhat like fingerprints: no two sets are identical.

Chef Leitch relies on rather Oriental flavors, among them star anise and ginger. He explains his reason thus: "My wife and I were married in Manila in 1946, and our meals are often a combination of American and Filipino dishes." That also explains the name of the recipe, to wit:

Ribs Filipino

- 5 to 6 pounds pork spareribs, cut into individual ribs
- 3 medium-size onions
- 6 tablespoons soy sauce
- ¼ teaspoon pepper
- 6 star anise
- 1 tablespoon salad oil
- 1 tablespoon grated fresh ginger
- ½ cup honey
- 2 tablespoons firmly packed brown sugar
- 1 tablespoon *each* Worcestershire and lemon juice

Place ribs in a 5- to 6-quart kettle with 2 of the onions (cut into wedges), 4 tablespoons of the soy sauce, pepper, and star anise. Bring to a boil, cover, and simmer on medium-low heat in juices that cook out of meat until ribs are tender when pierced, 1 to 1¼ hours. Stir occasionally.

Meanwhile, heat oil in a 10- to 11-inch frying pan over medium heat; finely chop the remaining onion, add to oil, and stir often until onion is soft. Blend in the ginger, honey, sugar, Worcestershire, lemon juice, and the remaining 2 tablespoons soy sauce. Cook, stirring, until well mixed, then remove from heat.

With tongs, lift spareribs from kettle and arrange in a single layer in a shallow roasting pan or broiler pan (about 11 by 16 inches). Brush honey mixture evenly over ribs. Bake in a 400° oven, basting often with pan drippings, until ribs are well glazed, about 30 minutes. Makes about 6 servings.

Stockton, Calif.

Politics, they say, is the art of compromise. A meeting of the *Chefs of the West* occasionally involves this humble tool of captains and kings. A member presents a mixture, a discussion follows. An ingredient changes, a method varies—all in the interests of the culinary arts.

Such is the case here, as Joseph Motte delivers to us the bounty of California's Central Valley in the shape of stuffed game hens. In them he places a stuffing that contains almonds, pistachios, raisins, an

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oranges. With this recipe he won several awards at the Fresno County Fair.

When his recipe was presented to the assembled *Chefs* there was some discussion of the use of sourdough bread in the stuffing. As you see in the recipe below, it now contains rice, since the *Chefs* argued that rice was part of the bounty of the valley and somewhat less soggy than bread. One went so far as to say that sourdough bread was actually the bounty of San Francisco anyway.

In case you want to try the original, it calls for cubes of sourdough bread, baked until crisp, then blended with the other stuffing ingredients.

Fresno Game Hens

- 4 Rock Cornish game hens (20 to 24 oz. *each*), thawed if frozen
- 2 cloves garlic, minced or pressed
- 1 tablespoon lemon juice
- 1 teaspoon *each* dry rosemary and thyme leaves
- ¼ teaspoon pepper
- 2 tablespoons salad oil
- Fruit and nut stuffing (recipe follows)
- 2 tablespoons butter or margarine
- ¼ cup honey
- ⅓ cup orange juice

Remove giblets from hens and reserve for other uses. Rinse hens inside and out, then pat dry. In a small bowl, combine garlic, lemon juice, rosemary, thyme, pepper, and salad oil; rub hens inside and out with this mixture and place in a 9- by 13-inch baking pan. Cover and refrigerate for 4 hours or until next day.

Evenly fill body cavities with fruit and nut stuffing. With small metal skewers, secure skin over openings to enclose stuffing. Bring skin over neck opening and secure to back; put wing tips akimbo.

In a small pan (about 1-qt. size), melt butter over medium heat; stir in honey and orange juice and cook until well blended. Remove from heat and evenly brush hens with butter mixture. Place hens, breast down, on a rack in a broiler pan (about 12 by 15 inches). Roast, uncovered, in a 400° oven for 20 minutes; turn hens breast side up and continue to roast, basting frequently with remaining butter mixture until hens are well glazed and legs move easily when jiggled, 25 to 35 minutes more. Makes 4 servings.

Fruit and nut stuffing. Melt ¼ cup (⅛ lb.) **butter** or margarine in a 10- to 11-inch frying pan over medium heat. Add ¼ cup *each* finely chopped **onion** and **celery,** and ¼ cup **slivered almonds;** stir often until onion is soft and nuts are golden. Mix in ¼ cup coarsely chopped, salted **pistachios,** 1 cup cooked **rice,** 1 teaspoon **poultry seasoning,** and ¾ cup **seedless grape halves.** Stir gently until combined, then remove from heat.

Fresno, Calif.

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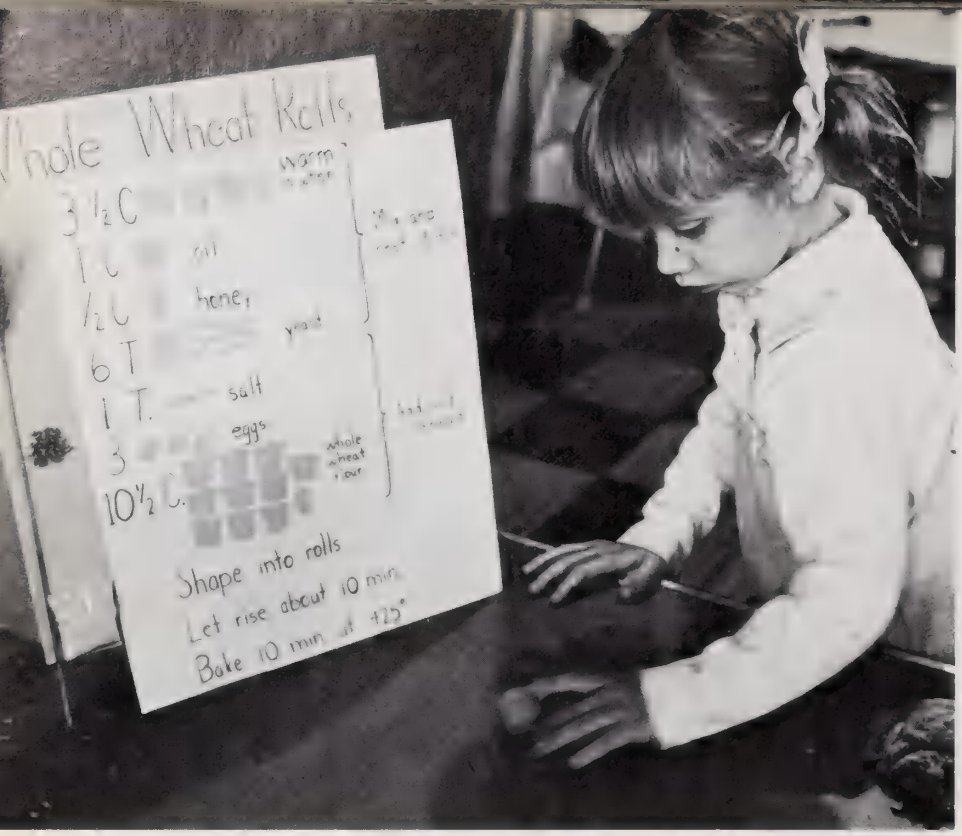
Famous Pumpkin Pie

- 2 eggs, slightly beaten
- 1 can (16 oz) Libby's Solid Pack Pumpkin
- ¼ cup sugar
- ½ teaspoon salt
- 1 teaspoon ground cinnamon
- ½ teaspoon ground ginger
- ¼ teaspoon ground cloves
- 1 tall can (13 fl. oz.) PET® Evaporated Milk
- 1 9-inch unbaked pie shell with high fluted edge
- Whipped Topping

Preheat oven to 425° F. Mix filling ingredients in order given. Pour into pie shell. Bake 15 minutes. Reduce heat to 350° F; continue baking 45 minutes or until knife inserted near center of pie comes out clean. Cool completely on wire rack. Before serving, garnish with whipped topping if desired. Yields one 9-inch pie.



DAVID STUBBS

***Easy-to-follow** recipe card (left) for a double batch helps kids learn to read and measure as they cook. Admiring their work, twins Aaron and Bryan can't wait to pull apart the warm honey-wheat rolls*

Preschoolers tackle Thanksgiving dinner

Thanksgiving begins early for children at the Mulberry Preschool in San Jose, California. As part of their classroom activities, they prepare some of the parts of a Thanksgiving dinner to be shared with their families. As the food is readied, it is stored in the refrigerator or freezer until the day of their annual Thanksgiving feast.

The experience is a practical one—combining reading and counting exercises with cooking. Recipes are on big cards with graphic aids for quantities.

Projects include making walnut butter from nuts grown in the schoolyard and preparing cranberry relish, rolls, stuffing, and several desserts.

Mulberry's favorite yeast roll recipe is quite unconventional. It uses a high proportion of yeast to speed leavening, and proofing takes only 10 minutes. Yet these honey-sweetened whole-wheat rolls are quite light in texture—and make a fine choice for any meal when a quick yeast bread is desired.

***Parents and grandparents** join Thanksgiving meal in schoolyard, adding turkey and hot side dishes to specialties presented by the children*

Pull-apart Honey-Wheat Rolls

- 1½ cups warm water (about 110°)
- ½ cup salad oil
- ¼ cup honey
- 3 packages active dry yeast
- 1 teaspoon salt
- 2 eggs
- About 6 cups whole-wheat flour

In a large bowl, stir together the water, oil, honey, and yeast. Let stand about 15 minutes, then stir in the salt and eggs. With a heavy-duty mixer or wooden spoon, beat in flour to form a stiff dough that's not too sticky to knead.

Turn dough out onto a floured board and knead into a smooth ball. Tear off pieces of dough about 1½ inches in diameter; roll on a board into smooth balls. Place balls just slightly apart on a well-greased rimmed 10- by 15-inch pan. Let stand until puffy, about 15 minutes.

Bake, uncovered, in a 375° oven until wel browned, 15 to 20 minutes. Cool in pan o a wire rack for about 5 minutes. The loosen rolls from the pan with a wide spat ula and turn out, right side up, onto th wire rack.

Serve warm or cool completely. Wrap freeze. Reheat rolls (thaw if frozen), u covered, on the same size baking pan in 350° oven for about 10 minutes. Make about 3 dozen rolls.

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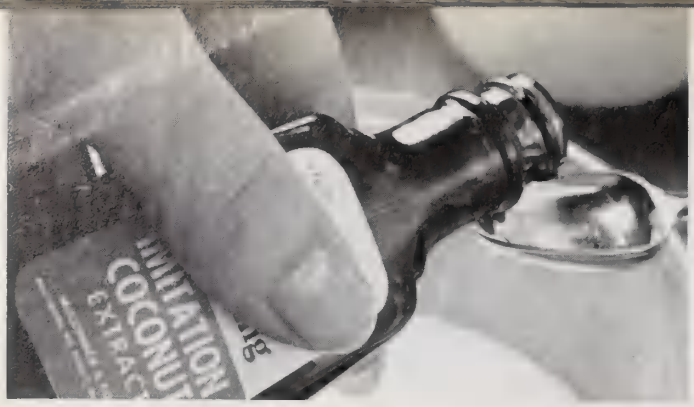

Milk flavored with coconut extract gives sweet smoothness to Southeast Asian chicken. Hot rice absorbs flavorful, spicy sauce

DARROW M. WATT

Coconut chicken from Thailand, Indonesia

With its rich mellowing sweetness, coconut milk is often used as a foil for the spicy seasonings of Southeast Asian cuisines. But Jennifer Brennan, who has lived in that part of the world and now teaches Southeast Asian cooking, has come up with an inexpensive and surprisingly simple alternative for this rather costly ingredient.

She mixes whole milk with a little coconut extract—the kind you find alongside vanilla in the supermarket. The resulting flavor is convincingly authentic.

Another plus with coconut-flavored milk is its consistent behavior: canned and frozen coconut milks vary in density, fat content, and performance during cooking.

These two chicken dishes are typical of the way coconut milk is used. The coarse texture of the curry-style sauces comes from ground-spice pastes that are added.

In the first dish, mild ground turmeric gives the chicken breasts a warm yellow color and cayenne makes the flavor hot. You can modify the heat by starting with only ½ teaspoon of cayenne in the spice paste. Taste for flavor when you add the paste to the milk; increase cayenne as desired, up to the full amount or to your personal heat quotient.

Indonesian Spiced Chicken

- 4 cups (1 qt.) milk
- 2 teaspoons coconut extract
- Spice paste (recipe follows)
- 1½ teaspoons grated lime peel
- 2 lime leaves or 1 stalk (6 inches long) lemon grass (optional)
- 3 whole chicken breasts (about 3 lbs.), split into halves and skinned
- 2 tablespoons lime juice
- 2 limes, cut into wedges
- Salt

In a 5- to 6-quart pan, combine milk, coconut extract, spice paste, lime peel, and lime leaves or lemon grass. Heat to simmering. Add breasts and simmer on medium heat, uncovered, until breasts are white throughout (cut to test), 20 to 25 minutes. Remove chicken to a platter; keep warm.

Turn heat to medium-high and boil milk until reduced to 2 cups, stirring occasionally, about 25 minutes; add any juices from chicken platter. Remove pan from heat, stir in lime juice, and spoon enough sauce over breasts to coat them. Serve remaining sauce separately.

Garnish with lime wedges. To individual servings, add more sauce and salt, as desired, and squeeze on lime juice. Makes 6 servings.

Spice paste. Combine in food processor or blender ½ to 1½ teaspoons **cayenne;** 1 large **onion,** cut into chunks; 4 cloves **garlic;** 2 tablespoons chopped and peeled fresh **ginger** (about a 2-inch piece); and 1 teaspoon **ground turmeric.** Whirl to make a paste, stopping as needed to push ingredients against blade.

In this Thai recipe, whole chicken simmers in coconut-flavored milk; the seasonings are added after the chicken is cooked.

For a mildly hot dish, use the minimum number of chilies in the spice paste.

Thai Chicken in Coconut Milk

- 1 broiler-fryer chicken (3 to 3½ lbs.)
- 3 cups milk
- 1½ teaspoons coconut extract
- Spice paste (recipe follows)
- 2 tablespoons fish soy sauce or soy sauce
- ¼ teaspoon grated lime peel
- 4 lime leaves or 1 stalk (6 inches long) lemon grass (optional)
- 1 to 3 small dried hot red chilies
- Fresh coriander sprigs (cilantro)
- 1 cucumber, scored with a fork and thinly sliced

Rinse chicken and pat dry; pull off and discard any lumps of fat. Reserve giblets for other uses. Put chicken in a 5- to 6-quart pan and add milk and coconut extract. Bring to a boil over high heat; reduce heat to simmer, cover, and cook until thigh is no longer pink at bone (cut to test), about 40 minutes.

Lift out chicken, draining; set on a serving platter and keep warm. Boil milk on medium-high heat, stirring occasionally, until reduced to 1½ cups, about 25 minutes.

Stir in spice paste, soy sauce, lime peel, lime leaves or lemon grass, and dried chilies; continue to cook for 5 minutes. Spoon sauce over chicken and garnish with coriander and cucumber. Cut up chicken and accompany with sauce. Salt to taste. Serves 4 to 6.

Spice paste. Combine in food processor or blender 2 to 4 **small dried hot red chilies;** 1 teaspoon *each* **pepper, ground cumin, ground coriander,** and **ground ginger;** 2 tablespoons grated **lemon peel;** ½ small **onion,** cut into chunks; 1 tablespoon **peanut butter;** and 1 teaspoon **salad oil.** Whirl to paste, stopping as needed to push ingredients against blade.

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1 package (18-1/2 ounces) yellow cake mix (not pudding type)
4 large eggs
3/4 cup The Christian Brothers Cream Sherry
3/4 cup vegetable oil
1 package (3-5/8 ounces) instant vanilla pudding mix
1/2 teaspoon nutmeg
Streusel Filling (recipe follows)
Sherry Glaze (recipe follows)
1/4 cup Blue Diamond® Sliced Natural Almonds, toasted

Grease and flour a 10-inch Bundt pan; set aside. In large bowl, combine cake mix, eggs, sherry, oil, pudding mix and nutmeg. Mix at low speed 1 minute, scraping bowl constantly. Mix at medium speed 3 minutes, scraping bowl occasionally (or beat by hand 5 minutes). Pour half of batter into prepared pan. Sprinkle evenly with Streusel Filling. Pour in remaining cake batter. Bake at 350°F.; 45 to 50 minutes, or until cake springs back when touched lightly. Cool on wire rack 15 minutes. Unmold from pan; cool completely on rack. Brush with Sherry Glaze; garnish with almonds.

Makes 10 to 12 servings.

Streusel Filling: Mix 1/3 cup packed brown sugar, 1/4 cup flour, 3 tablespoons firm butter or margarine and 1/2 teaspoon cinnamon together until crumbly. Stir in 3/4 cup toasted Blue Diamond® Sliced Natural Almonds.

Sherry Glaze: Stir together 2 cups sifted powdered sugar, 1/3 cup melted butter or margarine and 1 tablespoon The Christian Brothers Cream Sherry. Stir in 1 to 2 teaspoons hot water, until glaze is of desired consistency.

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1 cup PARKAY Margarine
1½ teaspoons vanilla
4 eggs
2¼ cups sifted cake flour
1½ teaspoons baking powder
¼ cup well-drained chopped maraschino cherries
½ cup chopped pecans

½ cup finely chopped pecans
1½ cups sifted confectioners' sugar
2 tablespoons milk

Combine granulated sugar, cream cheese, margarine and vanilla, mixing until well blended. Add eggs, one at a time, mixing well after each addition. Gradually add 2 cups flour sifted with baking powder, mixing well after each addition. Toss remaining flour with cherries and chopped nuts; fold into batter.

Sprinkle greased 10-inch tube pan or fluted tube pan with finely chopped nuts; pour batter into pan. Bake at 325°, 1 hour and 20 minutes. Cool 5 minutes; remove from pan. Cool thoroughly. Combine confectioners' sugar and milk; mix well. Drizzle over cake; garnish with additional cherries and nuts, if desired.

Variations: Omit finely chopped nuts. Pour batter into three greased and floured 1-lb. coffee cans, filling each can two-thirds full. Bake at 325°, 1 hour.

Omit finely chopped nuts. Pour batter into four greased and floured 1-lb. shortening cans, filling each can two-thirds full. Bake at 325°, 1 hour.

Omit finely chopped nuts. Pour batter into five greased and floured 5¼ x 3¼-inch loaf pans, filling each pan two-thirds full. Bake at 325°, 45 to 50 minutes or until wooden pick inserted in center comes out clean.

Make Ahead: Prepare as directed. Wrap securely; freeze. When ready to serve, let stand wrapped at room temperature for 24 hours.

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DARROW M. WATT

Chilled Brie-based custard with artichoke bottoms makes first-course terrine. Eat with lemon slices, green-onion slivers

Artichokes get together with Brie in a terrine

The flavor affinity of Brie cheese and artichokes is captured in this delicate first-course dish. Preparation is not difficult, but a bit unconventional; you bake the artichokes in a custard of Brie. When cold, the terrine is firm enough to slice.

Start with a firm to ripe Brie. Artichoke bottoms can be fresh, canned, or frozen.

Artichoke Brie Terrine

- 6 cooked artichokes, about 3-inch diameter (or 2 cans, 8 oz. *each*, artichoke bottoms, drained; or 2 packages, 8 oz. *each*, frozen artichoke bottoms, thawed)
- 1 pound Brie cheese (slightly firm to quite soft), cut in about 1-inch chunks
- 1 cup (½ pt.) whipping cream
- 3 eggs
- ¼ teaspoon pepper
- 10 to 20 thin lemon slices
- Shredded green onion (directions follow)

Pull leaves off fresh artichokes; scoop out and discard chokes. With a spoon or blunt knife, scrape meat from leaves and set aside; also scrape any coarse fibers from the outside of artichoke bottoms. Discard leaves and fibers.

Line bottom of a 5- by 9-inch loaf pan with foil; butter pan sides and foil. Cut fresh artichoke bottoms into quarters (or cut half of canned or frozen bottoms into quarters). Scatter the chunks of artichokes over bottom of loaf pan.

In a food processor or blender, whirl reserved artichoke meat (or remaining canned or frozen artichoke bottoms) with Brie, cream, eggs, and pepper until smooth. Pour mixture over artichokes in pan. Cover tightly with foil and set in a larger pan; add 1 inch boiling water.

Bake in a 350° oven until custard has puffed slightly and top is no longer smooth but looks porous, 1 hour and 15 to 30 minutes. Remove from oven and set loaf pan on a wire rack; remove foil cover. When cool, cover and chill (as long as 2 days).

To serve, slip a knife around pan to release sides of terrine. Flip terrine over and out onto a flat surface; carefully peel off foil. With a sharp knife, cut terrine crosswise into 12 slices. With a wide spatula, transfer slices, one at a time, onto individual salad plates. Garnish equally with green onion; place 1 or 2 lemon slices on each plate. Makes 12 servings.—*M.R., Los Angeles.*

Shredded green onion. Trim root ends and coarse section of tops from 6 **green onions.** With a sharp knife, cut each onion crosswise in half, then finely slice lengthwise. Place onion in a large bowl of ice cold **water** to curl and crisp, about 15 minutes. Drain and use at once, or store airtight in a plastic bag in refrigerator up to 1 day. □

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ONE COURSE TARRAGON CHICKEN

- 2 Tbsp corn oil
- 4 whole chicken breasts, skinned, boned, cubed
- 2 cups each celery & carrot strips
- 3 cups sliced mushrooms
- 1 cup sliced green onion
- 1 clove garlic, minced
- 1 can (35 oz) whole plum tomatoes
- 2 cups chicken broth
- 1 cup dry white wine
- 1 tsp dried tarragon leaves
- 1 tsp salt
- ¼ tsp pepper
- ¼ cup ARGO or KINGSFORD'S Corn Starch
- ¼ cup water

In 5-qt dutch oven heat corn oil over medium heat. Add chicken ⅓ at a time; sauté 3 min or until lightly browned. Remove chicken. Add next 5 ingredients. Sauté 3 min. Add next 6 ingredients. Bring to boil. Reduce heat; simmer 10 min. Mix Corn Starch and water until smooth; stir into tomato mixture. Stirring constantly, bring to boil and boil 1 min. Return chicken; heat 1 min. Serve with bread and salad. Serves 8.

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NO-BAKE PUMPKIN PIE

- 1 envelope Knox® Unflavored Gelatine
- 1 teaspoon ground cinnamon
- ½ teaspoon ground ginger
- ½ teaspoon ground nutmeg
- ½ teaspoon salt
- 2 eggs
- 1 can (14 oz.) sweetened condensed milk
- 1 can (16 oz.) pumpkin (about 2 cups)
- 1 Keebler® Ready-Crust® graham cracker pie crust

In medium saucepan, mix unflavored gelatine, spices and salt; blend in eggs beaten with milk. Let stand 1 minute. Stir over low heat until gelatine is completely dissolved, about 10 minutes. Blend in pumpkin. Turn into prepared crust; chill until firm. Garnish, if desired, with whipped cream and pecans. Makes about 8 servings.

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Pinwheels of salmon and eggs in curry-flavored soufflé

k salmon and golden eggs are compati- partners in this curry-flavored soufflé t course. When sliced, the roll makes ·active pinwheels.

ı roll the warm soufflé around the ng and let stand for at least a couple of rs to become firm. You might follow high-protein appetizer with salad or p for lunch or a light supper.

mon-filled Soufflé Roll

cup (⅛ lb.) butter or margarine
teaspoon curry powder
cup all-purpose flour
cups milk
eggs, separated
teaspoon salt
teaspoon sugar
Salmon filling (recipe follows)
Spinach or lettuce leaves

e bottom and sides of a greased 10- by nch rimmed pan with parchment pa- or waxed paper. Generously butter the er and dust with flour, shaking off ess. Set pan aside.

t butter in a 2½- to 3-quart pan; stir in y and flour. Remove from heat and gradually stir in milk. Cook over medium heat, stirring constantly, until sauce boils and thickens.

Remove from heat and add yolks all at once, quickly stirring to blend thoroughly into sauce; set aside.

Beat egg whites and salt until foamy; add sugar and continue beating until whites hold moist, stiff peaks. Stir about ⅓ of the whites thoroughly into the sauce, then fold in remaining whites just until blended. Pour mixture into prepared pan, spreading evenly. Bake in a 325° oven until golden, puffy, and surface feels set when lightly touched in the center, about 40 minutes.

Immediately turn soufflé out onto a flat surface covered with waxed paper; carefully peel off baking paper. Spread filling gently and evenly to edges of the soufflé. Using waxed paper as support, lift and roll from a 10-inch-long side, forming a compact cylinder. Cover lightly and let stand at room temperature up to 2 hours, or chill as long as overnight.

To serve, cut roll crosswise into 10 to 12 slices; serve on spinach-lined plates. Makes 5 to 6 servings.

NORMAN A. PLATE

Slices of airy soufflé, swirled around salmon filling, make a handsome start for lunch

Salmon filling. Discard skin and bones from 1 can (15½ oz.) **red sockeye salmon;** flake salmon with a fork. Stir in ½ cup chopped **green onion,** ¼ cup chopped **parsley,** ⅔ cup **mayonnaise,** and 1½ teaspoons **Dijon mustard.** □

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Praline Crescent Desserts

⅓ cup Parkay margarine or butter
½ cup firmly packed brown sugar
3 tablespoons dairy sour cream
1 cup crisp rice cereal
⅓ cup chopped pecans or nuts
½ cup coconut
8- oz. can Pillsbury Refrigerated Quick Crescent Dinner Rolls
3- oz. pkg. Philadelphia Brand cream cheese, softened
2 tablespoons powdered sugar

Heat oven to 375° F. In small saucepan, over low heat, melt margarine. Add brown sugar; cook 2 minutes, stirring constantly. Add sour cream; cook 4 minutes, stirring occasionally. Remove from heat. Add cereal, nuts and coconut; stir to coat evenly. Separate dough into triangles. Press each triangle to cover bottom and sides of ungreased muffin cups. Combine cheese and powdered sugar. Spread rounded teaspoonful over bottom of each cup. Spoon heaping tablespoonful cereal mixture into each cup.

Bake at 375° F for 11 to 16 minutes until deep golden brown. Serve topped with whipped cream, if desired. Store in refrigerator. 8 servings.

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DARROW M WATT

Spread thick slices of delicately spiced pumpkin-nut bread with whipped butter or cream cheese sweetened by apricot jam

Pumpkin-nut bread . . . this way for breakfast, that way, dessert

You can streamline your baking this fall by mixing up a batch of pumpkin-nut batter. Our recipe produces 12 cups, enough to make one standard loaf, three mini-loaves, a one-layer cake, and a dozen muffins or cupcakes. Mix and match pans to get the shapes you want.

In most home ovens, you can do all the baking at once. Just remember to place the longest-baking items in back and leave room for the heat to circulate around each pan.

All from one batch of batter: muffins, a cake, and two sizes of pumpkin-nut bread. Eat some now and freeze the rest

Pumpkin-Nut Batter

- 6 eggs
- 4½ cups sugar
- 1½ cups salad oil
- 1 large can (29 oz.) pumpkin
- 5¼ cups all-purpose flour
- 1½ teaspoons salt
- 1 tablespoon *each* soda, ground allspice, and ground cinnamon
- 1½ cups chopped walnuts
- ¾ cup raisins (optional)

In a 5- to 6-quart bowl, slightly beat eggs. Add sugar, oil, and pumpkin and mix thoroughly; set aside. In a separate bowl, combine the flour, salt, soda, allspice, and cinnamon. Add to pumpkin mixture and stir just until blended; stir in walnuts and raisins, if used.

Recipe makes 12 cups batter, enough fo 4 loaves, *or* 12 mini-loaves, *or* 4 laye cakes, *or* 4 dozen muffins or cupcakes. O use the 12 cups to produce the combina tion pictured at lower left.

Pumpkin-nut loaves. For each loaf, spoo 3 cups **pumpkin-nut batter** (see precedin directions) into a greased 4½- by 8½-inc loaf pan. Or for each small loaf, spoon cup of the batter into a greased 3- by 6 inch loaf pan.

Bake in a 350° oven until a wooden pick inserted in center, comes out clean; allo about 1 hour and 10 minutes for larg loaves, about 40 minutes for small loaves Cool in pans for 10 minutes, then turn ou on a wire rack to cool thoroughly. Th loaves slice best after 3 to 4 hours.

Spread slices with **butter** or **cream chees spread:** smoothly blend 1 small package (oz.) **cream cheese,** at room temperatur with 3 tablespoons **apricot jam.**

Large loaf serves 8 to 10, small one serve 3 or 4.

Sweet pumpkin-nut muffins. Divide cups **pumpkin-nut batter** (see precedin directions) between 12 greased 2½-inc muffin cups.

Bake in a 350° oven until muffins sprin back when lightly touched, about 25 mi utes. Serve warm; or cool, cover, and sto overnight at room temperature. To r heat, wrap muffins in foil and place in 350° oven for about 15 minutes. Serv with **butter** or **cream cheese sprea** (above). Makes 12.

Pumpkin-nut cake. For each cake laye spread 3 cups **pumpkin-nut batter** (s preceding directions) in a greased 9-inc round cake pan; or spread the 3 cu batter in a greased 8-inch square pan.

Bake in a 350° oven until a wooden pic inserted in center, comes out clean, abo 30 minutes. Let layer cake cool in pan f 10 minutes, then turn out onto a wire ra to cool thoroughly. Cool the square ca in the pan on a wire rack.

If desired, spread with this **butter-cre frosting:** beat 3 tablespoons soft **butter** margarine with 1½ cups unsifted **po dered sugar,** then beat in ¼ teaspoon **nilla** and about 1 tablespoon of **milk** make a good spreading consistency.

Sprinkle chopped **walnuts** over top frosted cake, if you wish. Or instead frosting, sift powdered sugar over ca just before serving. One cake serves 6 to

Pumpkin-nut cupcakes. For 1 dozen, vide 3 cups **pumpkin-nut batter** (see p ceding directions) into 12 greased or p per-lined 2½-inch muffin cups.

Bake in a 350° oven until they spri back when touched lightly, about 25 m utes. Remove from pans and cool th oughly on wire rack.

If desired, spread **butter-cream frost** (see above) over cupcakes before servi For school lunches, you might split ea cupcake in half, spread frosting on surface, then reassemble. Serves 12.

THE TIP

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Sautéed ears of baby corn are baked in custard tart to create dramatic entrée

Drizzled with tarragon cream sauce, tiny corn on the cob makes novel side dish. Try it with poached eggs on toast

Baby corn . . . you eat it cob and all

Eating corn, cob and all, is part of the fascination of using tiny, immature ears of corn, now available frozen as well as canned.

Visually, baby corn (as it is labeled) is quite a showstopper. The pale yellow ears are sweet and tender. Here we take advantage of both form and taste in a creamy bisque based on scallops; as a relish to serve as you would pickles, or to use in a salad with nuts and mushrooms; in a shallow open-faced savory tart; and glazed with cream as an attractive vegetable.

Frozen baby corn comes from Nicaragua, while canned baby corn comes mostly from the Orient. Both kinds are found in supermarkets (sometimes in the fancy foods section) as well as in specialty groceries. Expect to pay about $1 per package or can.

Baby Corn Bisque with Chilies

Drain 2 packages (8 oz. *each*) **frozen baby corn,** thawed, or 2 cans (15 oz. *each*) baby corn. With your hands, gently squeeze out excess moisture.

In a 4- to 5-quart pan over medium-high heat, melt 3 tablespoons **butter** or margarine. Add corn and brown lightly, turning frequently with a spatula (takes 3 to 4 minutes). Remove from pan and set aside. Stir into the pan 3 cups **regular-strength chicken broth,** 2 cups *each* **dry white wine** and **whipping cream.** Bring to a boil over high heat; boil, uncovered, until reduced to about 3½ cups, about 15 minutes.

Slice 2 **whole canned green chilies** (about half of a 4-oz. can) into long, thin strips. Rinse ¼ pound **scallops** and cut into bite-size pieces. Add chilies, corn, and scallops to broth and boil just until scallops are opaque in center (cut to test), 2 to 3 minutes. Makes 6 servings.

Baby Corn Relish

- ¾ cup white wine vinegar
- ⅓ cup dry sherry
- 3 tablespoons finely chopped onion
- 1 teaspoon mustard seed
- ½ teaspoon celery seed
- 1 tablespoon Dijon mustard
- 2 packages (8 oz. *each*) frozen baby corn, thawed and drained; or 2 cans (15 oz. *each*) baby corn, drained
- 1 jar (2 oz.) diced pimientos

In a 1½- to 2-quart pan, combine vinegar, sherry, onion, mustard seed, and celery seed. Boil on high heat, uncovered, until onion is limp, about 2 minutes. Remove from heat and mix in mustard. With your hands, gently squeeze excess moisture from corn. Add corn and pimiento to vinegar. Cool; store in a glass jar (about 3-cup

***Scallops,** baby corn, and mild chili strips flavor mellow cream and wine broth in delicate bisque*

DAVID STUBBS

***Colorful relish** of baby corn goes well with a meal of cheese, cold cuts, or barbecued meats, or use with oyster mushrooms and toasted walnuts in hot green salad*

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Moist 'n Creamy Coconut Cake
1 package (2-layer size) yellow cake mix or pudding-included cake mix
1½ cups milk
½ cup sugar
2 cups BAKER'S® ANGEL FLAKE® Coconut
3½ cups or 1 container (8 oz.) COOL WHIP® Whipped Topping, thawed
Prepare cake mix as directed on package, baking in 13 × 9-inch pan. Cool 15 minutes; then poke holes down through cake with utility fork. Meanwhile, combine milk, sugar and ½ cup of the coconut in saucepan. Bring to a boil, reduce heat and simmer 1 minute. Carefully spoon over warm cake, allowing liquid to soak down through holes. Cool completely. Fold ½ cup of the coconut into whipped topping and spread over cake. Sprinkle with remaining coconut. Chill overnight. Store leftover cake in refrigerator.
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size). Chill at least 2 hours to blend fla vors; store up to 2 weeks. Makes 1½ pints

Hot Green Salad with Baby Corn Relish

In a 10- to 12-inch frying pan, melt ¼ cu (⅛ lb.) **butter** or margarine over mediu heat. Add ¼ cup **walnut halves**; stir un lightly browned, about 3 minutes. Remov from pan with slotted spoon; set aside. T pan add 1 cup drained **Baby Corn Relis** (see preceding), ¼ cup **relish-marinad** and 1 cup (2 oz.) **oyster mushrooms** o sliced mushrooms. Bring to a boil, stirrin just to warm vegetables.

Arrange washed and drained leaves of head **Australian** or butter **lettuce** on a pla ter. Top with warm corn mixture and m lightly. Serve at once. Makes 8 servings.

Baby Corn Custard Tart

- Pastry dough (recipe follows)
- ¾ cup half-and-half (light cream)
- 1 egg
- ¼ teaspoon thyme leaves
- ⅛ teaspoon freshly ground pepper
- 2 packages (8 oz. *each*) frozen baby corn, thawed and drained; or 2 cans (15 oz. *each*) baby corn, drained
- 3 tablespoons butter or margarine
- Thyme or watercress sprigs

Press pastry into an 11- to 12-inch ta pan with removable bottom; make rim inch high. Beat cream, egg, thyme, a pepper; set pastry and liquid aside. Gent squeeze excess moisture from corn.

In a 10- to 12-inch frying pan over m dium-high heat, melt butter. Add corn brown lightly, turning (3 to 4 minutes). Pour egg mixture into pastry. Arran corn in tart pan. Bake on the lowest ra in a 375° oven until crust is brown a custard appears firmly set when pan shaken, about 40 minutes for 12-inch pa 50 minutes for 11-inch pan. Garnish wi thyme sprigs. Serve hot or cold, in wedg Makes 6 to 8 servings.

Pastry dough. Rub ½ cup (¼ lb.) **butter** margarine (cut into chunks) with 1½ cu **all-purpose flour** with your fingers until large lumps remain, or whirl in a food pr cessor. Stir in 1 **egg** with a fork un dough holds together, or whirl in a fo processor. Use; or if made ahead, co and chill up to 3 days. Bring to room te perature before using.

Baby Corn in Tarragon Cream

Drain 2 packages thawed **frozen baby co** (8 oz. *each*) or 2 cans (15 oz. *each*) ba corn. Gently squeeze out excess moistu

In a 10- to 12-inch frying pan over m dium-high heat, melt 3 tablespoons **but** or margarine. Add corn and brown ligh turning often (3 to 4 minutes). Trans from pan onto serving dish; keep warm.

To the pan, add ½ cup **whipping cream** tablespoon **lemon juice**, and 1½ teaspo **fresh tarragon** or ½ teaspoon of the herb. Bring to a boil; boil uncovered u slightly thickened, about 1 minute. P cream over corn; salt to taste. Serves

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Stouffer Foods Corporation

TERI SANDISON

Borscht as stew combines beef, carrots, cabbage, beets. Top with pan juices, sour cream

Knife-and-fork borscht . . . it's a whole-meal stew

The basic elements that make beet borsc great are usually blended to a hom geneous state in soup. Here we give grea er attention to individual ingredients proposing a knife-and-fork version— whole meal stew.

Beef shanks simmer with onions until t meat is well on its way to melting succ lence; then fresh beets, carrots, and ca bage steam to tenderness on top. T resulting juices become the sauce, co plemented by cool sour cream.

Knife-and-Fork Borscht

- 4 beef shanks, about 1 inch thick (2½ lbs. total)
- 5 cups water
- 2 tablespoons lemon juice
- 3 medium-size onions, halved
- 1 can (6 oz.) tomato paste
- ½ teaspoon sugar
- 6 beets (about 2-inch diameter), peeled and cut into quarters
- 6 to 8 slender carrots, peeled and cut in half crosswise
- 1 head cabbage (about 1½ lbs.), cut into 6 wedges
- 1 cup sour cream

In a 6- to 8-quart kettle, cook shanks a 1 cup of the water, covered, over mediu high heat to draw juices out of meat (low about 30 minutes). Uncover and b until liquid evaporates; turn meat as ne ed to brown.

Remove from heat and add lemon ju and 2 more cups water; scrape pan loosen browned bits. Set onions on top meat. Cover and simmer on medium h until meat pulls easily from bones, ab 1½ hours.

Lift out onions and meat and set aside. pan, stir together remaining 2 cups wa tomato paste, sugar, and beets; set beef shanks, onions, then carrots on t Cover and simmer until beets are ten when pierced, about 40 more minutes. cabbage wedges on top of carrots; co and simmer just until wedges turn bri green and are tender-crisp when pierc about 15 minutes longer.

To serve, lift out cabbage and arrange a warm serving platter. Then arrange c rots, onions, beef, and beets alongside. pan juices and sour cream into individ serving dishes and offer for spooning o portions of stew. Serves 4 to 6.—*J Longmont, Colo.*

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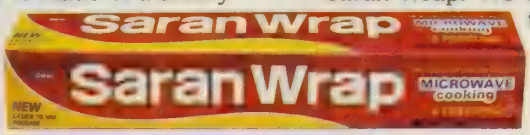

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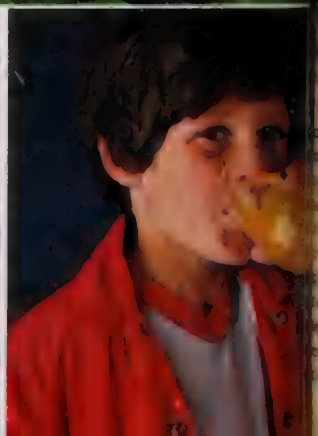

TERI SANDISON

liday temptations: creamy peanut butter squares, crisp cooky brittle, and chewy oatmeal bars. Small portions of these rich cooky confections are best

Bite-size holiday temptations . . . brittle, bars, squares

Midway between candy and cookies, these bite-size confections suit any occasion when refreshments are in order. You might serve them with coffee at the close of a meal, or set them out anytime during the holidays when guests are expected.

Creamy chocolate toppings coat two of the confections; one is baked, the other requires no baking. Both can be stored up to a week in the refrigerator. The crisp brittle cookies can be kept in the refrigerator for only a couple of days before beginning to soften; however, you can freeze them for longer storage.

Chocolate Peanut Butter Squares

About 22 graham cracker squares
1 box (1 lb.) powdered sugar
1 cup (½ lb.) melted butter or margarine
1 cup creamy-style peanut butter
1 large package (12 oz.) semisweet chocolate baking chips

In a food processor or blender, whirl enough of the graham crackers to make 1½ cups fine crumbs. Add the powdered sugar; whirl to blend well and break up any lumps. Pour the mixture into a large mixing bowl. Add the melted butter and

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peanut butter, and stir well to blen thoroughly.

Spoon peanut butter mixture into an u greased 9- by 13-inch pan and press firm ly into an even layer. Lay a piece of waxe paper on top and press down onto surfac Chill until cold, about 45 minutes.

Pull off and discard waxed paper. In 1½- to 2-quart pan over very low hea melt the chocolate chips, stirring un smooth. Spread chocolate evenly over t chilled peanut butter layer. Let stand u til chocolate firms slightly, about 15 mi utes, then cut into 1- to 1½-inch square If made ahead, cover airtight and chill to a week, then lift out to serve. Mak about 3 dozen.

Chocolate Oatmeal Peanut Bars

- ⅔ cup butter or margarine
- ½ cup *each* firmly packed brown sugar and light corn syrup
- 4 cups quick-cooking rolled oats
- 2 teaspoons vanilla
- 1 package (6 oz.) semisweet chocolate baking chips
- ⅔ cup creamy-style peanut butter
- ⅓ cup chopped dry roasted peanuts

In large bowl of electric mixer, beat t gether butter and sugar until creamy. S in the corn syrup, rolled oats, and vanil and mix well. Pat dough evenly over t bottom of a buttered 9- by 13-inch pa

Bake in a 350° oven until golden arou edges, about 20 minutes; cool on a wi rack, then cover and chill until cold.

Meanwhile, in a 1½- to 2-quart pan o very low heat, stir together chocolate a peanut butter until smooth and chocol is melted. Spread mixture evenly over o meal layer and sprinkle with peanuts. I stand until topping firms slightly, abo 15 minutes, then cut into 1- by 2-inch b and lift out to serve. If made ahead, co airtight and chill up to a week. Ma about 3 dozen.

Buttery Cooky Brittle

- ½ cup (¼ lb.) butter or margarine, at room temperature
- ¾ teaspoon vanilla
- 1 cup all-purpose flour
- ½ cup sugar
- 1 package (6 oz.) almond brittle chips

In large bowl of electric mixer, beat gether butter and vanilla until flu Blend in the flour and sugar, then stir the brittle chips (mixture will be qu crumbly).

Pour mixture into an ungreased 9- by inch pan and spread in an even layer. I a piece of waxed paper on top and pr firmly to pack crumbs evenly. Discard waxed paper.

Bake in a 375° oven until golden arou the edges, 15 to 20 minutes. Cool in about 10 minutes, then loosen brittle w a wide spatula and turn out onto a w rack to cool completely. Break into pie Serve, or store airtight at room tempe ture up to 2 days; freeze for longer st age. Makes about 36 2-inch chunks.

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Candy, jelly, cordial, syrup . . . all with the musky sweetness of quince

Green to gold in color, quince looks like a lumpy apple or pear, sometimes with a peach-like fuzz. It appears in Western markets and gardens this month (see page 244 for horticultural information) but is overlooked by many cooks.

Unlike most fruits, quince isn't good raw. It has a hard, gravelly texture and an acidic taste. When cooked, however, its texture softens and its flavor mellows into a delicate sweetness with a musky aroma. Flesh of the fruit may turn pink or purple.

Quince gifts include candy squares made from cooked pulp; from the juice, there's a soft-set jelly, a syrup, and a liqueur

DARROW M. W

Sweetened with honey and raisin syrup for a taste that's unforgettable.

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OROWEAT
Honest Bread

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use quince has great readiness to jell, often used as a base for confections d queurs as well as in jelly. We offer traditional preparations: a fruit-candy popular in France, a soft jelly ll quince honey, a pastel-hued syrup ncakes, and a delicate cordial.

you prepare pulp and juice, then sep- them to proceed.

e Pulp and Juice

off any fuzz on 8 pounds **quince** t 24 large). Cut fruit into about 1-inch chunks (do not peel or core) and place in a 10- to 12-quart pan. Add 5 quarts **water.** Bring to boiling, lower heat, cover, and simmer until fruit is tender enough to mash easily, 45 minutes to 1 hour. Cool.

Pour fruit, a portion at a time, into a colander set over a large bowl. Press fruit lightly to remove excess moisture.

Pour juice through a strainer lined with four thicknesses of rinsed cheesecloth. Reserve juice to make honey, syrup, or liqueur (recipes follow).

Over a pot or bowl, push cooked quince through a food mill, a portion at a time; discard residue. Reserve pulp to make candy (recipe follows).

Makes about 3 quarts pulp, 4 quarts juice.

French Quince Candy

In a heavy 8- to 10-quart pan, combine 3 quarts **quince pulp** and 12 cups **sugar.** Simmer rapidly, uncovered, stirring occasionally, over medium heat. As mixture thickens, reduce heat to low and stir more frequently to avoid scorching. Cook until paste is so thick that as a spoon is pulled

Cut quince (no need to peel or core) into chunks, simmer until tender, then separate juice from pulp. Push chunks of fruit through a food mill; this pulp is thickened to make French quince candy

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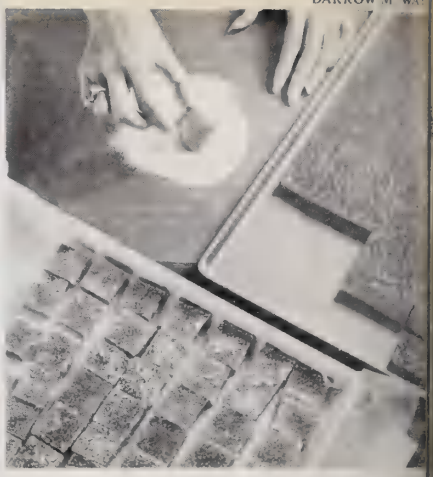
DARROW M. WA



To make quince candy, dry the cooked pulp in pans, then cut into pieces and coat with sugar

through the center of the pan a path, re mains—this may take as long as 2½ to hours. Let cool to room temperature.

Line two rimmed baking sheets (10 by 1 inches) with waxed paper, letting pape extend over ends for several inches. Po quince mixture into the pans, spreadin evenly. Let dry at room temperature unt candy is firm and only slightly tacky t touch, 12 to 24 hours.

Lift up ends of waxed paper and tu candy over in pan. Peel off waxed pape Continue drying until candy is on slightly tacky to touch, 12 to 24 hours.

Cut into 1-inch squares. Coat with **suga** Serve, store airtight at room temperatu for 2 months, or freeze. Makes about dozen pieces.

Quince Honey

In an 8- to 10-quart pan, bring 1 qua **quince juice** to boiling over high heat. Ad 6 cups **sugar** and ¼ cup **lemon juice;** s until sugar dissolves. Boil rapidly, stirri occasionally, until mixture reaches j point (220° on a candy thermomete about 15 minutes. Skim off foam. Po into hot sterilized jars to within ⅛ inch top. Wipe jar rim. Seal with hot lids a bands or melted paraffin. Let cool. U like jelly. Makes 1 to 1½ pints.

Quince Syrup

In a 5- to 6-quart pan, combine 6 cu **quince juice,** 2 cups **sugar,** 3 **whole clov** a 3-inch-long **cinnamon stick,** and 4 str pared **lemon peel** (yellow part only, ea strip about 3 inches long). Bring to a b stirring until sugar dissolves. Boil, unco ered, stirring occasionally, until reduc to 1 quart. Remove peel and spices. Co serve, or store, covered, in refrigerator to 3 months. Use over pancakes or cream. Makes 1 quart.

Quince Liqueur Cordial

Make the **Quince Syrup** as directed abo Mix with 1 quart **light rum.** Store at ro temperature for at least 1 month bef serving. Serve to sip or pour over cream or crêpes. Makes 2 quarts.

PRESENTING MONA LINDSAY'S OLIVE MEATLOAF

Now you can create your own Italian masterpiece: Lindsay's Olive Meatloaf. It's designed with a touch of genius and Lindsay® Ripe Olives—the tenderest, mellowest, most flavorful olives you can buy. With quality you can count on, can after can. No wonder Lindsay's the #1 brand. Make your meatloaf a work of art, try Lindsay's Olive Meatloaf. It's a meal worth smiling about.

MONA LINDSAY'S OLIVE MEATLOAF

2 lbs. lean ground beef
1 C. chopped onions
1 clove garlic, crushed
4 bacon slices, halved
¼ t. pepper
½ t. *each* basil, oregano and salt
1 can (6 oz.) Lindsay Pitted Black Ripe Olives, drained
1 can (8 oz.) tomato sauce

In large bowl, thoroughly mix all ingredients except Lindsay Olives, tomato sauce and bacon. Mix in Lindsay Olives, reserving 5 for garnish. In a 9 × 13-inch baking pan, shape mixture into a 4 × 12-inch rounded loaf. Pour tomato sauce over loaf. Lay bacon slices across loaf. Bake at 350° F. oven 1 hour 15 minutes. Garnish with reserved Lindsay Olives. Slice to serve hot or cold. Makes 8 servings.

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Hidden Valley Ranch

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Just mix with 2 cups sour cream.

GLENN C

Dome-shaped sheepherder's bread, *baked in a covered pot (Dutch oven), is traditional with Basques, popular with other cooks. It was shown on a Sunset cover in 1976*

Your favorite Sunset recipe

ROW M. WATT

Sautéed chicken breasts and hot grapes are glazed by pan sauce of cream and orange marmalade

NIKOLAY ZUREK

Parmesan-crusted pan-fried zucchini make favorite appetizer dubbed Zucchini Flats

ook book partners for the kitchen: avorite Recipes in volumes I and II

eaders tell us

Tried and true, reliable and rewarding there is no better way to describe *Sunset's* two most recent cook books.

In the late Sixties, we asked readers to vote for their favorite recipes published during *Sunset's* previous 40 years. The result was *Favorite Recipes,* a cook book with 800 of the most popular ones. That best seller has just undergone a revitalizing face-lift to make it easier to read and use, and is now called *Favorite Recipes I.*

Two years ago, we asked for published favorites of the Seventies. Thousands of reader responses helped us compile a second book, *Favorite Recipes II,* a new release with more than 400 recipes and 24 pages of color photographs.

Redesigned *Favorite Recipes I* and all-new *Favorite Recipes II* (Lane Publishing Co., Menlo Park, Calif., 1982; each $5.95, or $11.90 together in a handsome gift pack) include recipes for every need. Here are some samples from the second volume.

Basque Sheepherder's Bread

3 cups very hot tap water
½ cup (¼ lb.) butter or margarine
⅓ cup sugar
2½ teaspoons salt
2 packages active dry yeast
9 to 9½ cups all-purpose flour
Salad oil

In a large bowl, combine water, butter, sugar, and salt. Stir until butter melts; let

cool to about 110°. Stir in yeast, cover, and let stand until bubbly (5 to 15 minutes).

Beat in about 5 cups of the flour to make a thick batter. Stir in enough of the remaining flour (about 3½ cups) to make a stiff dough. Turn dough out onto a floured board; knead until smooth and satiny (10 to 20 minutes), adding flour as needed to prevent sticking.

Turn dough over in a greased bowl; cover and let rise in a warm place until doubled (about 1½ hours).

Punch dough down and knead on a floured board to form a smooth ball. With a circle of foil, cover inside bottom of a 5-quart (10-inch diameter) Dutch oven; to achieve the characteristic shape, use a cast-iron or cast-aluminum pan. Grease foil, inside of Dutch oven, and underside of lid with oil.

Place dough in pot and cover with lid. Let rise in a warm place until dough pushes up lid about ½ inch (about 1 hour—watch closely).

Bake, covered with lid, in a 375° oven for 12 minutes. Remove lid and bake for 30 to 35 more minutes or until loaf is golden brown and sounds hollow when lightly tapped.

Turn loaf out (you'll need a helper) onto a wire rack and let cool. Peel off foil. Makes 1 very large loaf.

Chicken Breasts Veronique

- 4 whole chicken breasts (about 4 lbs. total), split, skinned, and boned
- Salt
- ¼ cup (⅛ lb.) butter or margarine
- 2 tablespoons orange marmalade
- ½ teaspoon dry tarragon
- 1 cup dry white wine
- 16 medium-size mushrooms, fluted
- ½ pint (1 cup) whipping cream
- 1 teaspoon cornstarch
- 4 teaspoons water
- 1½ cups seedless grapes

Sprinkle chicken lightly with salt. In a wide frying pan over medium heat, melt 2 tablespoons of the butter. Add chicken breasts and cook, turning, until golden.

Stir in marmalade, tarragon, and wine. Cover, reduce heat, and simmer until meat in thickest portion is no longer pink when slashed (about 15 minutes). Put chicken on a warm dish; reserve juices.

Meanwhile, in pan over medium heat, melt remaining 2 tablespoons butter. Add mushrooms and cook, stirring, until liquid has evaporated. Set aside.

Add cream to pan juices. Quickly bring to a full rolling boil over medium-high heat. Mix cornstarch and water; stir into sauce. Return sauce to a boil, stirring. Add grapes, return sauce to a boil, and pour over chicken. Garnish with mushrooms. Makes 4 to 8 servings.

Zucchini Flats

- About ¾ cup grated Parmesan cheese
- 2 eggs
- 2 tablespoons *each* all-purpose flour and finely chopped parsley
- ¾ teaspoon salt
- ¼ teaspoon pepper
- 2 cloves garlic, minced or pressed
- ¼ cup milk
- 2 large zucchini (each about 7 inches long)
- All-purpose flour
- ¼ cup salad oil

In a shallow bowl, combine ¾ cup of th cheese, eggs, the 2 tablespoons flour, pars ley, salt, pepper, garlic, and milk. With wire whisk or rotary beater, beat un smooth. Cover and refrigerate for at lea 15 minutes.

Cut zucchini in half crosswise, then int lengthwise slices about ¼ inch thic Lightly dust each piece with flour.

Heat oil in a wide frying pan over mediu heat. Using a fork, dip each zucchini slic into cheese mixture, thickly coating bot sides. Place in pan, a few pieces at a tim and cook, turning once, until golde brown on both sides.

Drain briefly on paper towels, then tran fer to a serving plate and keep warm unt all are cooked. Sprinkle to taste with add tional cheese. Makes 4 to 6 servings.

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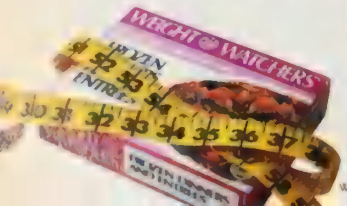

THE TASTE THAT NEVER SAYS DIET.

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OVEMBER IN YOUR GARDEN:

Plenty of planting opportunities. But hurry. Put in bulbs, annual, perennials, major landscaping

ırry and wait" could be this month's to. The first two weeks are packed ı fall planting opportunities, as this le and the long check list on page 241 cate. If you're planning major land- ɔing projects, gather additional ideas n articles on pages 92 and 253; if ng color is your plan, the article on e 100 should inspire some new ground r and bulb combinations.

mid-November, soggy soil and colder ther can slow down gardeners—and ıts. After that, raking, general mainte- ce, and finish-up planting get you ly for winter—and a floriferous spring.

bage in the flower bed?

at kind of flowers grow a foot wide and blue-green with white, yellow, rose, purple markings?

ıally they're not flowers, but the leafy ttes of flowering cabbages and s—and they're colorful enough to up-

d you plant a ɔntodendron?

ɔwth and showy 3- to 4-inch from March into June make todendron—commonly known d as fremontia—one of the best- alifornia natives.

ɔ one of the fussiest. It needs ɔots the first summer or two, but tolerate a damp trunk. You see ıl planting site here—baking in on a perfectly drained southwest urrounded by unthirsty plants geraniums and ceanothus. Keep rby plants or mulch well away e trunk.

first summer or two, water er the top inch of soil dries out, ip irrigation or a trickling hose. ıe second summer, you can let ke over.

lon plant put into the ground nth can be 6 feet tall and wide ollowing year. To keep it from over in winds while roots catch h back foliage several leaf nodes hree times each of the first two or the showiest flowers, choose he named varieties: 'California 'San Gabriel', or 'Pacific Look for plants that are not nd in 1- to 5-gallon cans.

design was by Fred Lang of Beach.

stage any pansy. They are also tough, frost-resistant plants undaunted by winter rain, wind, and chill. (Sharp frosts, in fact, intensify their colors.)

Many nurseries sell young flowering cabbage and looser, frillier kale plants this month. Set them in the garden 15 to 18 inches apart, or pot up three in a big, 18-inch container for a front door conversation piece. If plants have leggy stems, bury them up to the lowest leaves so the heads won't lean as they grow.

Water well and feed every two weeks with fish emulsion or another high-nitrogen liquid fertilizer. Plants grow and color up best in full sun.

Fifteen choices for fall color in northern California

Now, when leaves are changing colors, is the best time to shop for fall color. Colors are most brilliant inland, where days are hot and nights are cool; gardeners in Chico and Napa have a much wider selection than their counterparts in San Francisco or Santa Cruz.

Here are some of the best for northern California: dogwood (*Cornus*), hawthorn (*Crataegus*), hop bush (*Dodonaea viscosa*), Modesto ash (*Fraxinus velutina* 'Modesto'), *Ginkgo biloba*, Crape myrtle (*Lagerstroemia indica*), *Liquidambar*, *Mahonia*, *Nandina*, sour gum (*Nyssa sylvatica*), persimmon, *Pistacia chinensis*, 'Aristocrat' and 'Bradford' pear (*Pyrus calleryana*), and Chinese tallow tree (*Sapium sebiferum*).

Show off tulips in containers

Planting tulips in containers has several advantages. The bulbs grow beautifully in pots, and concentrating a few dozen in one compact display can create more of an impact than several dozen in the ground. It's also a smart way to try out unfamiliar kinds to see how you like them. Some unusual colors and varieties (such as Rembrandt, Parrot, and Peony-flowered strains) may actually show off better in containers than in mixed flower beds.

The short, stout tulip with the striped foliage pictured at right is a hybrid of *Tulipa kaufmanniana*. Two other low-growing kinds—good in shallow pots—are varieties of *T. greigii* (they also have mottled foliage) and the candy-striped species called lady tulip (*T. clusiana*). Midsize *T. fosterana* produces big flowers atop 16-inch stems.

Among the classic, tall-flowered forms you can try are the Darwin hybrids, and Cottage, Triumph, and Lily-flowered tulips available in nurseries this month.

To plant in containers, use a light, fibrous soil mix fortified with bonemeal (2 tablespoons to a 16-inch pot). Plant bulbs so they nearly touch one another, their tips just below the soil surface. Set the pots in a cool, shaded area, water thoroughly, and cover with 3 to 4 inches of mulch (ground bark, sawdust, straw). In two to three

Sunset's GARDEN GUIDE

DARROW M. WATT

Short-stemmed blossoms, *brown-striped foliage of 'Oriental Beauty' make it a good tulip for container planting*

Sunset's GARDEN GUIDE

months, when shoots show an inch or two above soil, remove mulch and move pots into full sun. Remember—pots need watering if rains don't keep them moist.

Fresno gardeners give and take . . .

Do you have extra seedlings, transplants, or divisions? If you live in the Fresno area, there's a chance to share some of your plants—or their offspring—with others.

Anyone is welcome to participate in the "Garden Give and Take Days," sponsored by the women's council of the Fresno County and City Chamber of Commerce. The event is being held from 10 A.M. to 2 P.M. on Saturday and Sunday, October 30 and 31, in the parking lot of the Chamber of Commerce Building, 2331 Fresno Street (across from City Hall).

Bring along any healthy plants, bulbs, or seeds you want to give away (it helps to label them with name, flower color, and any special instructions). You don't have to contribute, though, to pick up plants and take them home. For more information, call (209) 485-2216.

DARROW M. WATT

In June, bright blossoms of Dalmatian bellflower cover broken-concrete wall in Margo and Hap Klopp's Berkeley garden

Mountain garden shutdown

In the high-elevation areas of the West, outdoor gardening closes down from November to March. Our Intermountain Garden Guide, which appears during planting months on a page following this guide, will start up again in April.

Early strawberries are here

Bare-root 'Sequoia' strawberries will arrive in some nurseries early in November. These are semidormant plants, dug earlier than the normal bare-root season. According to the grower, if you plant them as soon as possible (before November 15) you may be able to pick a few strawberries for Christmas.

Plant in well-improved soil in the warmest, sunniest spot you have. Don't trim the roots, as you might with fully dormant plants. Mix a slow-release fertilizer into the soil at planting time—or plan a regular monthly feeding program for as long as the plants are flowering and fruiting.

To plant in containers, put three or four plants in a 12-inch pot or hanging container filled with a light, porous potting soil; space plants 6 to 8 inches apart in a planter or window box. For peak production, fertilize frequently to make up for nutrients leached out with watering. You can feed with half-strength liquid fertilizer every week for the first month, then give plants weekly full-strength feedings.

Campanulas that like to mat or drape

There are several kinds of campanulas (bellflower) that make handsome year-round ground covers in northern California's mild-winter climates. They're sturdy plants for filling small areas, covering bulbs, or for draping over rocks, retaining walls, and hanging baskets. Starry blue (sometimes white) flowers appear spring and summer, but don't wait until then to plant; early November is a good time.

Campanula elatines garganica is the smallest, only 3 to 6 inches high and slightly wider spreading. It has tiny gray-green, sharply toothed leaves. Flat, blue-violet flowers bloom June to fall.

Italian bellflower (*C. isophylla*) likes to trail about 2 feet; it's a fine container subject. Blue or white flowers cover light green or gray leaves late summer to fall.

Dalmatian bellflower (*C. portenschlagiana*, often labeled *C. muralis*) is the exuberant performer in the photograph. Its heart-shaped, rich green leaves form cushy mats 4 to 7 inches high that carry lilac-blue flowers May to August.

Serbian bellflower (*C. poscharskyana*) spreads vigorously. It's a good shade companion to fuchsias and begonias. Leaves are bigger (1 to 3 inches long) than the others; violet to blue flowers appear on foot-tall stems in spring and early summer.

Deep veins give Viburnum davidii's le

Plant companulas in well-drained soil in full sun or light shade near the coast, partial shade inland. Water enough to keep roots moist during the summer.

What can you tell us about bulbs?

We'd like to hear from gardeners who plant spring-flowering bulbs. Which kinds multiply and come back year after year for you? Which are first-year-only performers? To encourage repeat bloom, do you fertilize, water, or summer-store bulbs in any special way? Have you seen or grown bulb and bedding plant combinations that equal or beat the ones shown on pages 100 and 101?

Send your comments to Bulb Reports, *Sunset Magazine*, Menlo Park, Calif. 94025. If you include a snapshot or a simple diagram of your outstanding planting patterns, it will help us visualize the results.

For handsome foliage

One of the most attractive members of the viburnum family is a low-growing evergreen shrub called *Viburnum davidii*. It has large, distinctive, dark green glossy leaves grooved with parallel veins and—at this time of year—it shows off clusters of metallic turquoise berries.

The plant stays naturally dense and compact, growing slowly into a mound 1 to 2 feet high and about 3 feet wide. It's a neat self-contained shrub for foreground or foundation plantings in shady locations. *Viburnum davidii* also performs nicely in containers. For a good crop of berries, grow several plants to ensure pollination. This viburnum grows best in moist, acid soil, where it combines handsomely with ferns, azaleas, and rhododendrons. Plants thrive in the cool, foggy climate of coastal gardens, but also grow well in inland northern California.

If you can't find *Viburnum davidii* at the nursery, you can order plants from Way

effect. Twelve-year-old plants (above) make a well-shaped, waist-high hedge

side Gardens, Hodges, S.C. 29695. Send $1 for a catalog.

Put potted mums out to pasture

They may have a pampered greenhouse look, but florists' chrysanthemums are no sissies. If you've bought some for the house—or received some as a gift—you can easily plant them out in the garden when they've finished blooming.

The potted plants sold by florists and stores are essentially the same autumn-blooming perennials you buy at the nursery to plant outdoors. They've just been selected and groomed (fed, pinched, often chemically treated) for show.

Cut off the faded flowers, leaving stems about 6 to 8 inches long. Tip the soil clump out of the pot and pull or cut apart the individual plants (there are usually six plants to a 6-inch pot). Plant 12 to 24 inches apart in well-improved garden soil. When new leaves show at the base, you can cut off the old flower stems. □

NOVEMBER CHECK LIST: *Here is fall action*

☐ **Care for chrysanthemums.** Stake and tie tall-stemmed varieties that may be too top-heavy to hold up to this month's wind or rain. Cut back those that have already finished blooming, leaving stems 8 inches long. See item above for more about potted florists' plants.

☐ **Clean up.** Pull the last of summer's annuals and vegetables and toss them onto the compost heap. To eliminate hiding places for slugs, snails, sowbugs, and earwigs, clear dead foliage from the crowns of perennials and shrubs. Rake up fallen leaves.

☐ **Dig, dry, store.** Lift dahlias, gladiolus, and tuberous begonias. Trim dried leaves and stalks, clean off soil, and store tubers in a cool, well-ventilated place.

☐ **Fertilize.** Feed cool-season annuals set out last month, as well as azaleas, rhododendrons, and other spring-flowering shrubs. If you haven't fertilized lawns yet this fall, do so now.

☐ **Plant annuals.** Plant winter annuals as early in November as possible to allow some growth before stormy weather sets in. Choices include: calendulas, English and fairy primroses, Iceland poppies, pansies, snapdragons, stock, sweet alyssum, sweet William, and violas.

☐ **Plant bulbs, corms, tubers.** Unusual varieties may be in short supply now, but most nurseries still have a good selection of popular spring bulbs. Later this month, look for end-of-the-season sales on daffodils, Dutch iris, grape hyacinths, hyacinths, ranunculus, and tulips. Plant fleshy-rooted callas and lilies as soon as you buy them.

☐ **Plant edible bulbs.** Garlic (regular and elephant garlic), shallots, and onions (white, yellow, red) may be planted now from cloves (bulb divisions) and sets (small bulbs).

☐ **Plant lawns.** Sow seeds or lay sod of cool-season grasses before midmonth. Keep leaf litter from covering newly sprouted turf.

☐ **Plant perennials.** The wide variety available in sixpacks and pots includes basket-of-gold alyssum, carnation, columbine, delphinium, dianthus, English daisy, Oriental poppy, and penstemon. Packaged bare-root perennials generally arrive at nurseries this month also.

☐ **Plant shrubs and trees.** This is still prime time for planting most landscape plants—shrubs, trees, vines, and ground covers. Two exceptions are frost-tender plants (wait until spring) and deciduous kinds (such as grapes, roses, fruit trees) sold bare-root January to March.

☐ **Plant vegetables.** Hurry to plant these from seed: beets, carrots, lettuce, peas, radishes, spinach, Swiss chard, and turnips. From nursery packs, set out broccoli, cabbage, cauliflower, kale, lettuce, and Swiss chard. Dig and amend soil for bare-root cane berries, strawberries, and perennial vegetables, which will arrive soon at nurseries.

☐ **Select living Christmas trees.** Shop for a live tree this month—you'll have a much better selection than in December. Keep it watered and out-of-doors until just before Christmas.

☐ **Sow hardy annuals.** If you sow seeds of hardy annuals (such as bachelor's button, candytuft, clarkia, forget-me-not, Johnny-jump-up, linaria, sweet alyssum, and sweet pea) now, they'll germinate with winter rains and bloom in early spring.

☐ **Spray for peach leaf curl.** After leaves have dropped, rake them up and put them in the trash. Then spray the trees (nectarine as well as peach) with lime sulfur or Bordeaux solution. Spray again when buds swell in late winter.

☐ **Transplant.** You can dig and move evergreen plants—including azaleas, camellias, rhododendrons, and many perennials—to other locations now. Take as much of the rootball as possible, and stake against strong winds.

☐ **Water, weed.** Cooler weather means less garden watering, but be sure to keep new plants, seeds, and bulb beds moist until winter rains are heavy enough to do the job. Pull weeds and lawn grasses that invade the bare beds.

DON NORMARK

***Sedums and hens and chicks** grow out of a stump's rotted center. Decaying wood supplies most of plants' moisture, nutrients*

Planter, table, birdbath . . . all from old stumps

Dig out a tree stump by hand, and you' decide that there must be other ways o dealing with these environmental sor thumbs. Four such options are pictured o this page.

If you want to camouflage a stump, clam bering evergreen ground covers and vin are good choices for fast cover. *Cotoneas ter dammeri* (pictured below), Englis ivy, *Euonymus fortunei*, and Japanes honeysuckle are popular, but keep thes pruned back: they're too vigorous to g unchecked in the garden.

For fastest cover, set out two or mo plants in pockets of amended soil aroun each stump and train them up its sides.

If your stump's center is partly rotte gouge out the punky wood and mix it wi a little humus or potting soil, then pla salal (*Gaultheria shallon*), evergree huckleberry, or native polypodium fer inside.

With tops cut level, stumps can hold fee ers, houses, and baths for birds; suppo tables (left); or serve as sprinkler stan and hose guides.

Start stump plantings now so winter rai will water for you.

***Alder stump** is base for Dorothy and Cecil Slaughter's picnic table*

MICHAEL THOMPSON

***Six 'C.D. Eason' heathers** surround and cover old Douglas fir stump in L. Bock garden, Olalla, Washington*

KAREN BENVENIS

***Cotoneasters** cover stump that holds birdbath in garden of Myrtle and Norris Langlow, Poulsbo, Washington*

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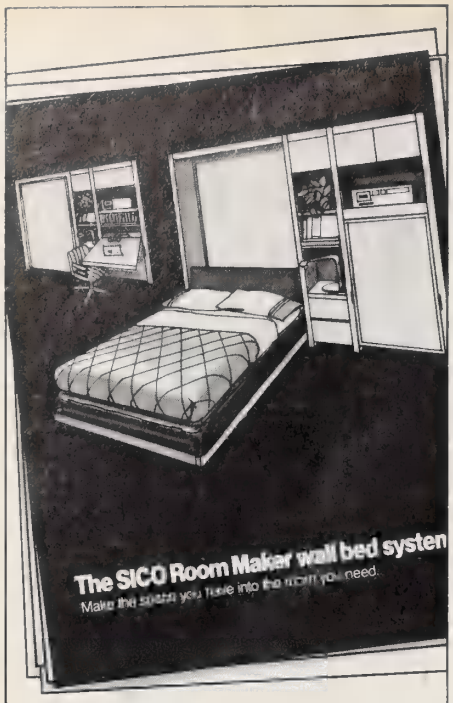

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DAVID STUBBS

Fuzzy, fragrant, golden, green—this is a quince. Pale pink buds at right will expand into 2-inch white flowers

Victorian delight: the quince. For good looks in the garden, for jelly and syrup

To the young, quince is about as familiar as piccalilli, syllabub, and similar Victorian table delights. Perhaps this fruit is due for a revival, like fumed oak and stained glass. Although it is true that you can't munch on juicy fresh quinces, you can use them to make delicious confections, jellies, and syrups (see page 230)—and they grow on ruggedly attractive trees that are practically trouble-free.

Quince is a slow-growing, picturesque tree that reaches 10 to 15 feet in height, with equal spread. Its foliage resembles that of an apple tree. Individual pale pink or white flowers 2 inches across star the branch tips when the leaves have expanded (after frosts have passed). This blooming habit determines how quince is pruned: once a framework is formed, you prune only to remove dead, damag crowded, or badly placed branches, c fully leaving a number of branch tip ensure bloom and fruit.

Plant bare-root trees as soon as they re the nurseries. Ordinary well-drained den soil is satisfactory. Avoid heavy f ing, which may produce lush, rank gro subject to fireblight (the only ser pest). A yearly mulch will probably be equate to nourish the tree.

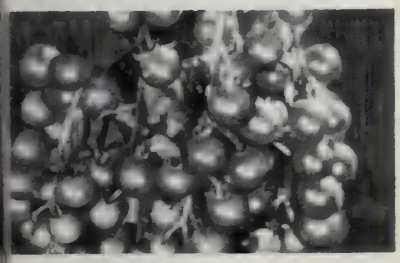
Several varieties are grown, but m nurseries stock only one or two ki 'Pineapple' and 'Smyrna' are most wi available, but 'Cooke's Jumbo', 'Oran and 'Vandeman' are occasionally seen

Don't store this fragrant fruit with o fruits; the latter might absorb the quin distinctive perfume.

Basket King. Early variety. For containers. A Burpee exclusive.

2 Big Girl. Sweet. Many over 1 lb. Burpee exclusive. Great main-crop tomato.

3 Supersteak Hybrid VFN. Extra-meaty. Most weigh 1-2 lbs. Resists disease.



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5 Early Girl Hybrid. Sweet yet tart. Heavy crop sooner. Longer season.

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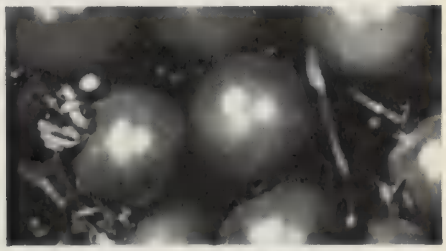

9 Gardener's Delight. Rich and abundant. Our favorite cherry-sized tomato.

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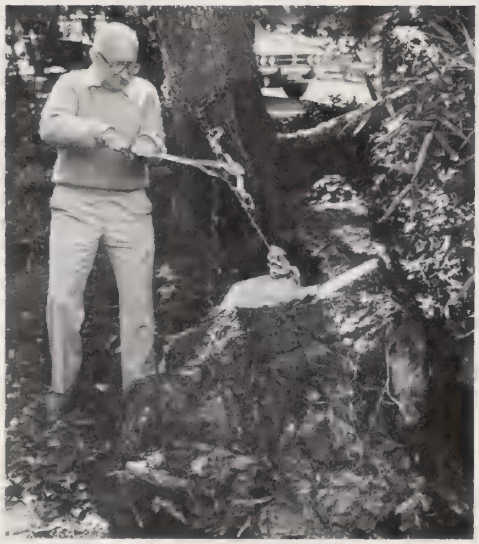
DAVID STUBBS



Personal muscle power

Mattock-wielding gardener labors three days to conquer stump 3 feet wide, 4 feet tall. After cutting off trunk, he hoists stump with "come-along." Cost: exhaustion, hostile attitude toward trees

NORMAN A

Rental stump grinder

With stump-grinding machine, gardener takes about an hour to chew down 3-foot-diameter stump to depth of 6 inches. He'll cover stump remainder with soil, later remove shoots that sprout. Cost: tired arms, $40 machine rental fee

Getting tough with an old stump

Like unwelcome guests, tree stumps persist long after they have served any useful function. They don't get the hint when you cut down unwanted trees in the garden. Instead of quietly fading away, they often send up a flurry of new growth. And they hog space that could be used for more desirable plants.

You could resign yourself to this pushy behavior and learn to love tree stumps as some gardeners have. (For ideas on making use of them, see page 242.) Hardwood tree stumps can easily last more than 20 years, softwood 5 to 10 years or longer.

Overpower it with shovel and mattock

If you don't want to share your garden with a stump, you could tackle the problem with muscle power. A determined gardener in reasonable shape can overpower a large tree stump with a shovel and heavy-duty mattock (5-pound model) in about three days of hard labor.

Use the shovel and mattock to whack and dig a hole at least three times wider than the diameter of the trunk. You'll have to dig down 1 to 2 feet or deeper to expose the main root system (deep taproots are more typical of younger trees). Hack through large lateral roots with the ax end of the mattock. A chain saw won't help, since flying dirt quickly dulls the blade.

When cutting down a tree, leave about 4 feet of trunk as shown at top left, so you'll have increased leverage to wobble the stump loose. Then cut off the trunk and use a "come-along" device (see above left) to heft remaining stump out of [illegible] A come-along with extra chain rents [illegible] about $8 for 24 hours.

Generally, you don't have to worry a[illegible] the smaller feeder roots outside the cr[illegible] they'll usually decompose without cau[illegible] further problems. However, some [illegible] will continue to send up sprouts.

Once the stump is free of dirt, you'll [illegible] to cut it into firewood lengths with a c[illegible] saw (some stump removal firms wil[illegible] this for about $15). If you want to take [illegible] stump to the dump, call first since m[illegible] dumps have size restrictions on [illegible] chunks.

Gas-powered help from stump grind[illegible]

If you aren't eager to challenge the st[illegible] with hand tools, consider renting a g[illegible]

DARROW ■ WATT

rofessional help

erful grinder operated by stump-removal service
zzes through 3-foot-diameter trunk, transforming stump
large roots into pile of wood chips in 30 minutes.
t: $90, but fee may vary depending on accessibility of stump

What to do if you cut down a tree and the stump doesn't get the hint

-powered stump-grinding machine. ilable from tool-rental yards, they t for about $40 for 2 to 3 hours. To l the grinder to your garden, you'll d a vehicle that has a permanent ler hitch.

se machines work best on small nps. If you have a large stump (more n 2 feet across), you might want to d down the stump 6 to 8 inches below ground, then cover it with soil. The chine can completely grind out a big np, but as it goes deeper, it becomes e difficult to maneuver.

ether you grind the stump or hire eone to do the job, first locate your nkler lines, sewer cleanout, and gas water lines. Utility companies will generally help you locate gas and electric lines free of charge; call the local office. Water lines are usually in a straight line that runs from the main turnoff at the house to the water meter box at the property line, but there are exceptions (digging is the only way to know for sure, or the water company may be willing to help locate them). Be sure to dig around the water line if the stump is close to it, and turn off the water at the meter before grinding. Mark other underground pipes with string so you can avoid slicing them.

Before you start grinding, clear the area of any debris or stones. Wear heavy shoes and safety goggles to protect against flying wood chips and dirt. Keep spectators at a safe distance.

Remember, the portion of stump left in the ground may still send up sprouts. To reduce sprouting, apply ammonium sulfamate as discussed below.

Let the other guy do it

The easiest way to cope with a tree stump is to let a pro do the job. Check the yellow pages under Tree Service. If a professional cuts down your tree, he may also agree to remove the stump or refer you to someone else who will.

Most firms can give you a rough estimate over the telephone, based on the size of the trunk and its location. A 3-foot-diameter trunk will cost about $90, depending on its accessibility. Once the tree service representative arrives to do the job, get a written estimate. Remember, most professionals will not accept liability for damage to unmarked sprinkler pipes and sewer cleanouts or gas and water lines that are not in standard locations.

Now you've got a wood-chip mountain

Grinding machines turn a large trunk into a small mountain of wood chips mixed with soil. This makes an excellent mulch unless you have trees with very soft wood, such as palms and yuccas, which produce big shreds under the grinder's blade; check with a tree service to find out what to expect. Professionals will not take away the debris after grinding unless you pay an extra fee (ask the price beforehand), and even then, they are not eager to bother with it.

The debris can be a problem, particularly if the tree died from a root disease such as oak root fungus. Haul infected debris to the dump, since spreading it in the garden could contaminate other plants.

The chemical approach

Chemical products sold as "stump removers" (basically potassium nitrate) don't really remove the stump: they only speed up the decay process somewhat. You have to drill holes into the stump and pour in the dry powder. Even a year after applying one of these products, you'll still have a stump; it just may be more crumbly and easier to whack out. Labels may suggest igniting the stump after six weeks, but many cities have ordinances against such burning.

Products containing ammonium sulfamate (often labeled as ammate or a brush killer) can be used to reduce sprouting of stumps. Cut the tree as close as possible to the ground and apply the herbicide to the cut surface within 30 to 60 minutes – otherwise the wood seals over. You can use the chemical on older trunks by hacking through the bark on the sides at or below ground level to create an angled cut all around the perimeter; be sure to cut at least ½ inch into the wood under the bark. Pour the chemical into the cut. Or apply to gouged-out surface immediately after using a grinding machine. □

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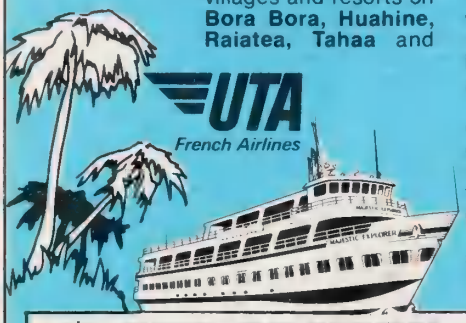

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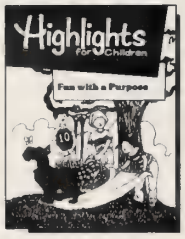

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Garden shows, lectures, classes in November

NORTHERN CALIFORNIA

San Francisco. November 2. Lecture garden literature in the Tuesday morni talk and tour series by the Strybing Arb retum Society. Place: Hall of Flowe Golden Gate Park, Ninth Ave. and L coln Way. Hours: registration and bo and plant sale at 9:30 A.M.; lecture from to noon. Fee: members, $3; nonmembe $4.50.

Berkeley. November lectures in the co tinuing series for home gardeners spo sored by the East Bay Regional Park D trict on three Wednesdays and Saturda November 3 and 6: propagation. Nove ber 10 and 13: pruning. November 17 a 20: native shrubs in the garden. Place: R gional Parks Botanic Garden Visito Center, Tilden Regional Park. Hou 10:30 to noon. Free.

Hanford. November 5. Annual standa flower show using fall flowers but featu ing chrysanthemums presented by Casa Garden Club. Place: Civic Audi rium, Court St. between Douty and Irv sts. Hours: 11 to 4. Admission: $1. Sh and luau luncheon: $5. For luncheon r ervations, telephone Wanda Stewa (209) 584-4094.

Santa Rosa. November 5 and 6. The A and Garden Club members of the Luth Burbank Art and Garden Center pres their annual fall bazaar. Place: the cent 2050 Yulupa Ave. Hours: 10 to 4 b days. Admission is free. A hot lunch ($ will be served from 11 to 1:30 on Frid salad bar, cake, and coffee ($2.50) ava able at same hours on Saturday.

Oakland. The Rotary Natural Scier Center offers nature walks on some Sat days and film and slide shows most Su days at 2 P.M. For information, call t center at (415) 273-3739.

Berkeley. Saturday afternoon lecture ries by the East Bay Regional Park D trict. November 6: spectacular trees a shrubs. November 13: some Mediter nean climates. November 20: Indian u of plants. Place: Regional Parks Bota Garden Visitors' Center, Tilden Regio Park. Time: 2 P.M. Free.

Citrus Heights. November 6 and 7. A nual chrysanthemum show presented the Sacramento Chrysanthemum a Dahlia Society. Place: Fountain Squ Nursery, 7115 Greenback Lane. Hours to 6 Saturday; 9 to 6 Sunday. Free.

Oakland. November 7. Annual fuch

SUNS

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Is to say we've two things at one time.
One is quite down to earth
And says "value and worth,"
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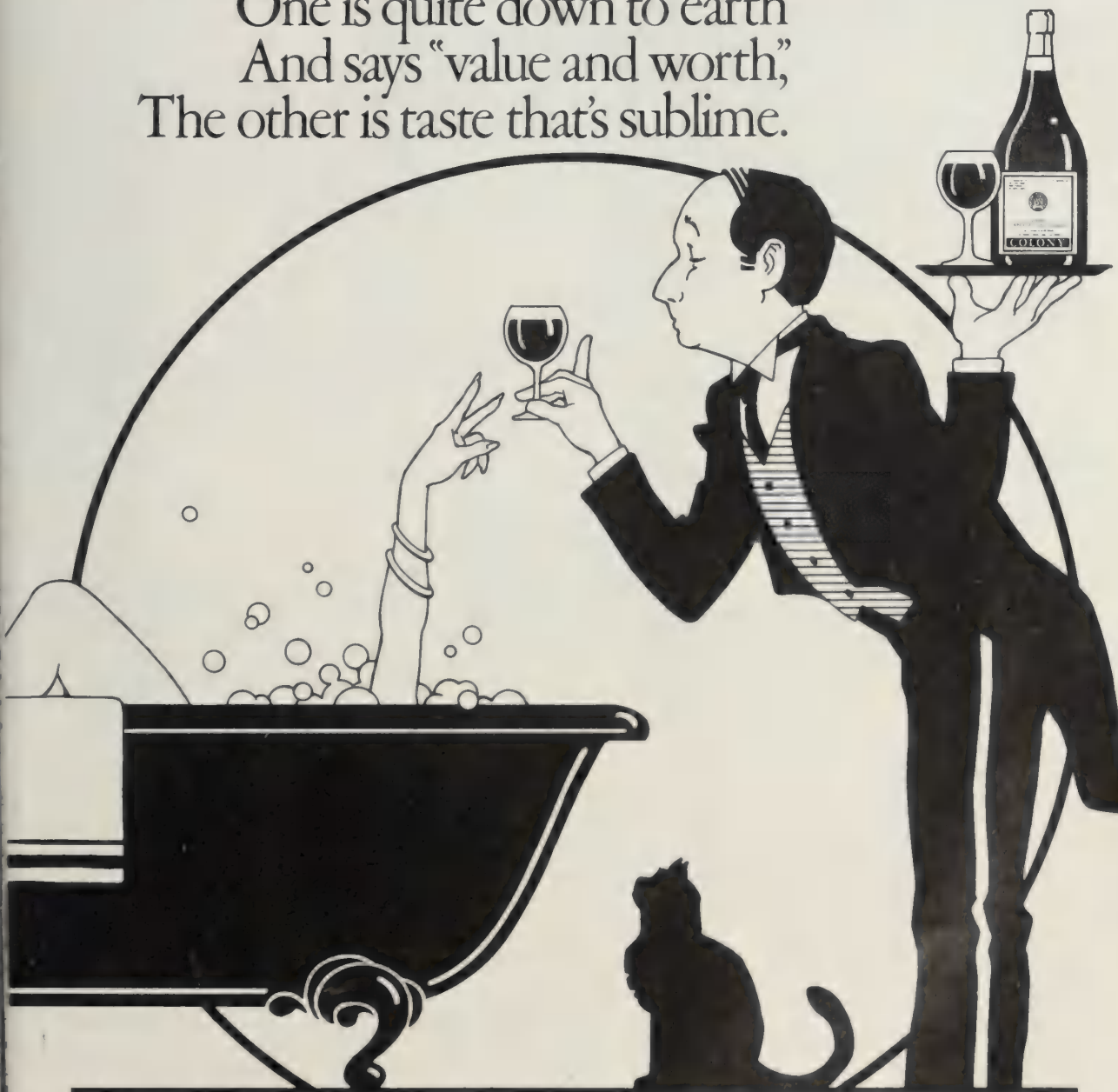

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The Pacific Monthly, for October 1, 1982.

Published monthly at: 80 Willow Road, Menlo Park, California 94025. No. of Issues Published Annually: 12. Annual Sub. Price: 12.00.

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Paid Circulation		
Sales through dealers and carriers, street vendors and counter sales	108,065	109,515
Mail Subscriptions	1,311,495	1,320,314
Total Paid Circulation	1,419,560	1,429,829
Free distribution by mail, carrier or other means: Samples, complimentary, and other free copies	20,335	19,170
Total Distribution	1,439,895	1,448,999
Copies not distributed:		
Office use, left-over, unaccounted, spoiled after printing	13,017	15,457
Returns from news agents	60,155	50,000
Total	1,513,067	1,514,456

I certify that the statements made by me above are correct and complete. L. W. LANE, Jr., Publisher

lore show presented by the Southland branch of the American Fuchsia Soci Place: Lakeside Park Garden Center, 6 Bellevue Ave. Hours: 11 to 4. Free.

San Francisco. November 9. Workshop bulbs for winter bloom sponsored by Strybing Arboretum Society. Regis early, as class is limited. Place: Recreat Room, Hall of Flowers, Golden Gate Pa Ninth Ave. and Lincoln Way. Book plant sale, 9:30 A.M.; workshop, 10 to no Fee: members, $15; nonmembers, $ There will be a $5 charge for materials. register, call the society office, (415) 6 1316 weekdays between 10 and 3.

Saratoga. November 13, 20, and 27. H day wreath workshops at Saso Herb G den, 14625 Fruitvale Ave. Hours: 10 t all dates. Bring a bag lunch and cup. $30 (includes supplies). Preregistrat required; call (408) 867-0307.

San Francisco. November 17. A holi fair at the Josephine D. Randall Jun Museum, 199 Museum Way, off Roo velt Way. The boutique sale, from 9:30 3:30, has no admission charge. A de onstration of floral arrangement te niques from 11 to noon ($5) requires vance reservations; call Mrs. Berney (415) 681-7081.

Orland. November 27 and 28. Orla Craft Fair, sponsored by the Orland H torical Society. Place: Glenn County F grounds. Hours: 10 to 8 Saturday; noo 5 Sunday. Admission is free. Ample parking. Dried flowers will be featu grapevine wreaths, live plants, jams, jellies will also be sold.

COLORADO

Denver. November 3. Class on mak wreaths for many occasions. Place: Cl room B, Denver Botanic Gardens, 1 York St. Hours: 9 to noon. Fee: memb $25; nonmembers, $40. Bring a wire ter, scissors, a kitchen knife, and ribb and ornaments you wish to use. All ot materials will be provided.

Colorado Springs. November 17. Instr tions on making terrariums and bo gardens with Mary Jones, Colorado S University Extension horticulturist, sented by the Horticultural Art Soci Place: Capitol Federal Savings, 1910 Academy Blvd. Time: 7:30 P.M. Free.

Denver. November 19 and 20. Ann Christmas sale including potpou wreaths, swags, and herb vinegars. Pl in and around the Boettcher Memo Conservatory, Denver Botanic Gard Hours: 10 to 4. Free.

UTAH

Salt Lake City. November 17. Lecture landscaping with native plants in "Naturally Native" series offered by State Arboretum Guild at the Univer of Utah. Place: Room 323, Oplin U Building, campus. Time: 7 P.M. Free.

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Bold-leafed bergenia (above) fills under-the-eaves planting well by deck in Judie and Alan Pierrot's garden. The grassy fringe of Diane and Robert Mills's shaded patio (below) is big blue lily urf (Liriope muscari), spaced double-file in the 2-foot-wide bed. Both designed by landscape architect Robert Boro, Fresno

DARROW M. WATT

What to do when the space is skinny, shady?

Almost every garden has a narrow, shady planting bed. Typically, it's a skinny border only 2 to 3 feet wide where it's cool, moist, and dimly—or unevenly—lighted.

Picking plants for these situations can be a challenge. They must be shade tolerant, but able to take occasional sun streaming in under eaves and patio overheads; they have to be narrow or easy to trim; and their foliage or form has to be strong enough to hold its own against long, blank house walls.

The following list suggests 27 plants for the job. The *Sunset Western Garden Book* climate zones listed after each plant tell you which are best suited to your area.

For tall-growing plants, try *Aucuba japonica* (zones 4 to 24), *Azara microphylla* (5 to 9, 14 to 24), *Cordyline stricta* (16, 17, 20 to 24), Tasmanian tree fern (*Dicksonia antarctica;* 8, 9, 14 to 17, 19 to 24), *Mahonia lomarifolia* (6 to 9, 14 to 24), and *Nandina domestica* (5 to 24). Train abutilon, camellias, fuchsias, and podocarpus as espaliers.

Medium- to low-growers include maidenhair fern (*Adiantum pedatum;* 1 to 9, 14 to 21), *Aegopodium podagraria* (1 to 7), *Agapanthus* 'Peter Pan' (7 to 9, 12 to 24), Japanese anemone (*A. hybrida;* 1 to 24), *Aspidistra elatior* (4 to 9, 12 to 24), compact azaleas such as Kurume and Macrantha types (4 to 9, 14 to 24), *Bergenia crassifolia* (1 to 9, 14 to 24), boxwood (*Buxus;* all zones), spider plant (*Chlorophytum comosum;* 15 to 17, 19 to 24), *Clivia miniata* (13 to 17, 19 to 24), lily turf (*Liriope* and *Ophiopogon;* 5 to 10, 12 to 24), low-growing mahonias (1 to 21), dwarf nandinas (5 to 24), southern sword fern (*Nephrolepis cordifolia;* 16, 17, 19 to 24, and sheltered spots in 8, 9, 14, 15, 18), brake fern (*Pteris;* 16, 17, 22 to 24), and calla lily (*Zantedeschia aethiopica;* 5, 6, 8, 9, 14 to 24). □

***Textural mix:** growing beneath Tasmanian tree ferns are strappy aspidistra, cut-leafed hollyfern, and maple-like Japanese anemone. Landscape architect: Geraldine Knight Scott. Stand-at-attention sword fern (left) flanks east-facing window wall of the Mills garden*

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TERI SANDIN

Blue-gray, feathery rue is effective contra to dark green foliage in background

Plant rue to be seen, not touched

Native to the Mediterranean area, rue herb-of-grace) makes a colorful accen the back of border plantings. The 2- to foot-tall plants are grown for their d cate, blue-green or blue-gray folia 'Jackman's Blue' is a compact plant w especially fine-textured blue-gray leave

Rue (*Ruta graveolens*) has been gro since ancient times. It was alleged to c diseases in both humans and animals, to ward off pests. The name herb-of-gr was given to it because brushes made o stems were used to sprinkle holy water fore High Mass on Sundays.

Rue's ferny leaves are highly aromatic, most excessively so if crushed; plan where it will be seen, not touched. I grows best in full sun and average, w drained soil. Young plants will gr quickly if given ample water and oc sional doses of fertilizer; once establish they need minimal to average watering

From late winter through spring, ru covered with ¾-inch-wide yellow flow which eventually form attractive bro seed capsules useful in decorating Chr mas wreaths or swags. In late spring summer, shape plants by pruning to h vest these seed capsules.

Rue can be propagated from seed, av able at some nurseries and by mail fr George W. Park Seed Co., Box 31, Gre wood, S.C. 29647, and from cutti which root readily. Nursery plants ra from about $1 for a 2-inch pot to $4 fo 1-gallon can.

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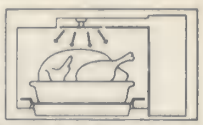

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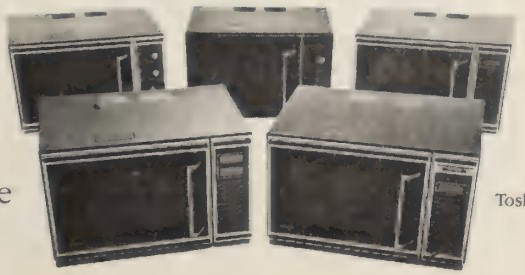

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***Pale lavender-blue** Parma violet 'Lady Hume Campbell' blooms from February until May in northern California shade garden*

Violets are legendary for their fragrance, but not all violets live up to the legend. Most definitely fragrant are the Parma violets (*Viola alba*, probably) and the sweet violets (*V. odorata*). These share the same sweet, clean, old-fashioned fragrance that you can almost taste. In fact you may have tasted it, either in candied violets or in old-fashioned candy wafers.

Parma violets are small plants (roughly 4 inches tall by 10 inches wide) with double flowers that appear in late winter or early spring. Most fragrant of all, they are also the most tender; they require protection of a cool greenhouse or frame where winter temperatures frequently drop below 25°. They also dislike heat and need a shady, cool spot with ample water and good garden soil. Once established, they spread freely by runners.

'Lady Hume Campbell' is pale blue, 'Parma' ('Duchesse de Parme') is deeper lavender blue, and 'Swanley Whit (naturally) white.

Sweet violets are larger plants (8 t inches tall) with single flowers that ap slightly later in the season. They are h nearly everywhere, but enjoy the s growing conditions as Parma violets. sina' has pink flowers, 'Royal Elk' e large purple ones. 'Semperflorens' bl over a very long season; the rare 'Vil iniana' ('Sulphurea') is apricot yellow

Where to get them

Parma violets are not easy to find. If nurseryman is unable to supply you, from Lamb Nurseries, E. 101 Sharp Spokane 99202; they stock 'Parma' (chesse de Parme') and 'Swanley W They also sell *V. odorata* selections sina', 'Royal Elk', 'Semperflorens', 'Vilmoriniana' ('Sulphurea'). Plant fall for a show next spring.

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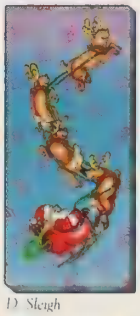
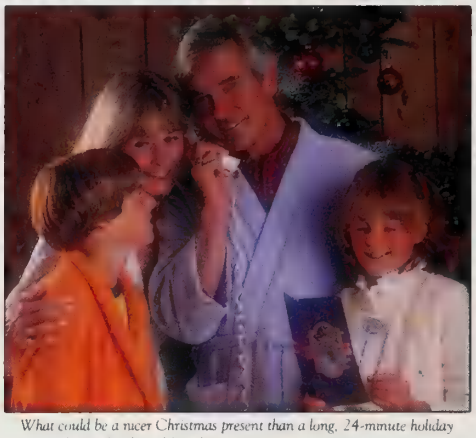
C. Traditional



D. Sleigh



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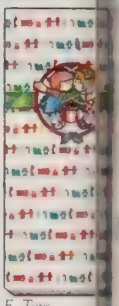

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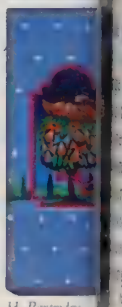

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he plants put on size, which they do y rapidly outdoors, their leaves ge markedly, as pictured above. g threadleaf false aralias (and ma- ones grown indoors) have deep green, sionally almost black leaves some- s tinged with red on their undersides. divided leaf resembles the shape of a , composed of several slender 4- to 9- long leaflets with coarsely toothed s. As outdoor plants mature, they ace larger, coarser leaflets, up to 3 s wide and 12 inches long, with r notches and lighter color.

threadleaf false aralia in rich, well- ed soil in a sheltered area—a patio r, along a fence, by a house wall, be- an overhang. The lacy pattern d by its leaves can soften a wall or fence. After plants are established, hem monthly.

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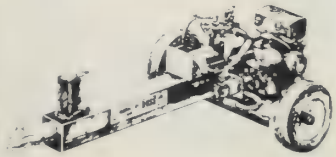

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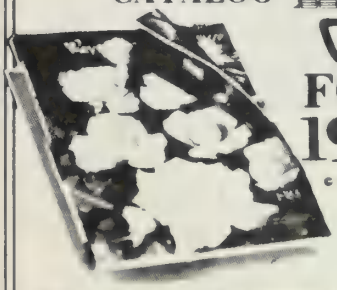

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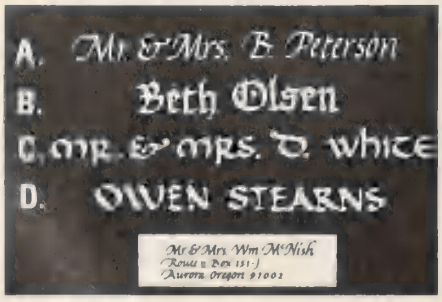

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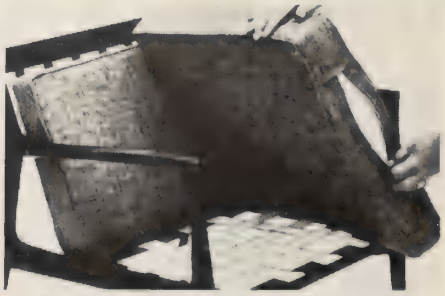

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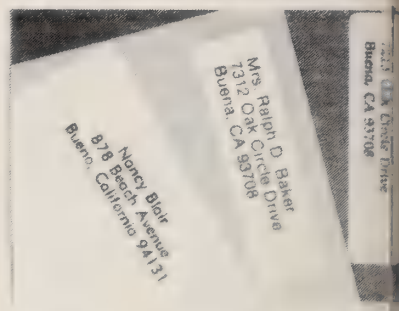

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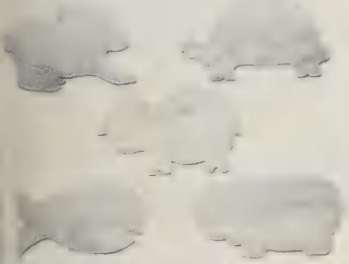

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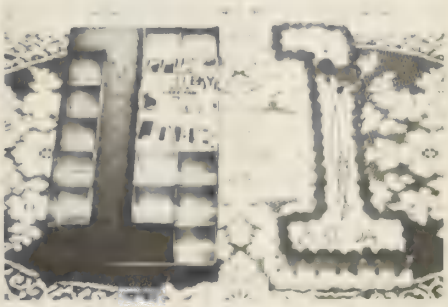

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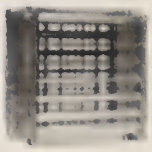

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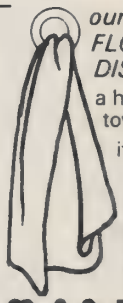

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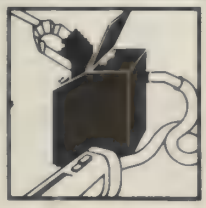

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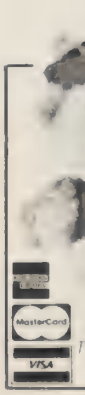

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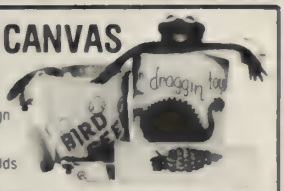

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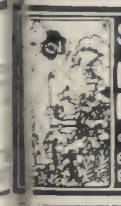

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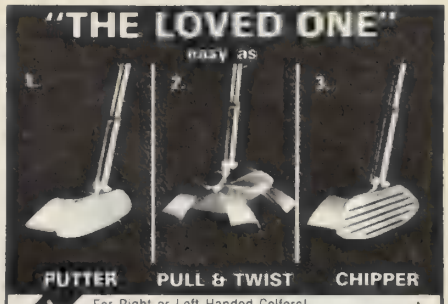

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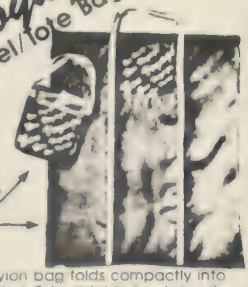

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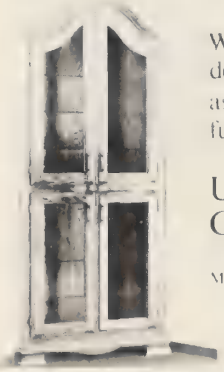

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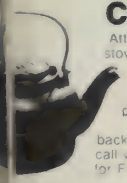

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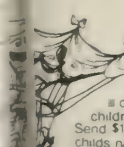

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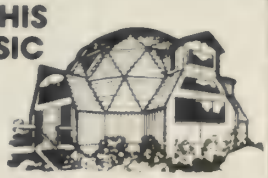

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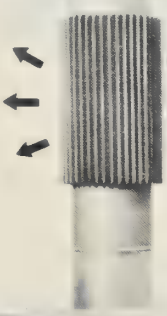

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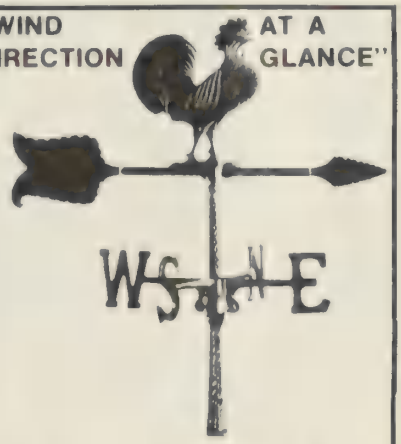

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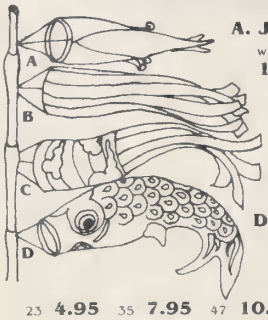

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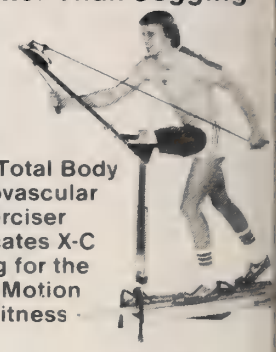

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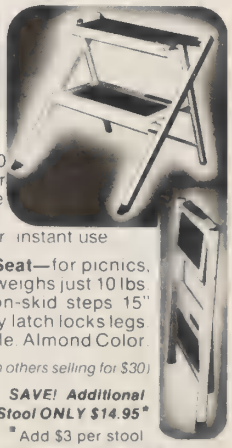

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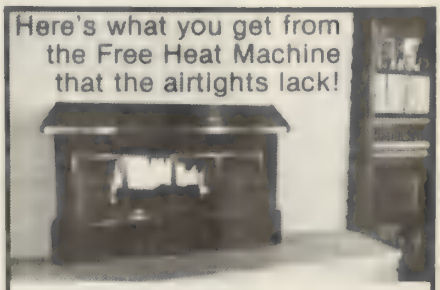

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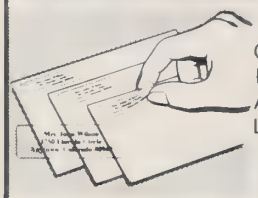

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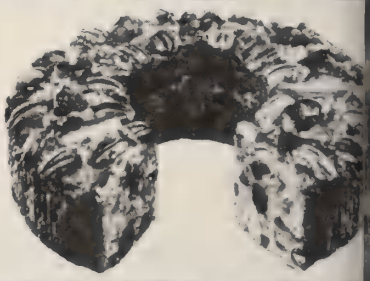

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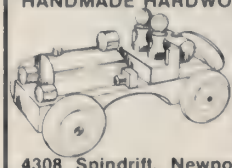

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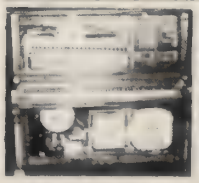

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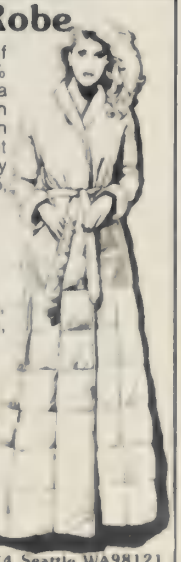

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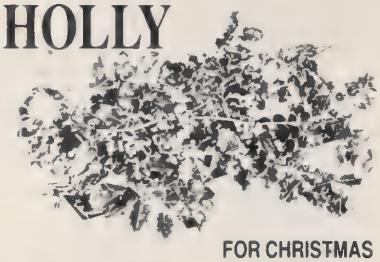

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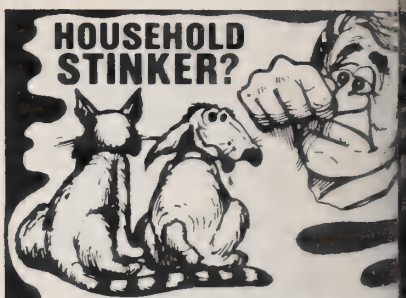

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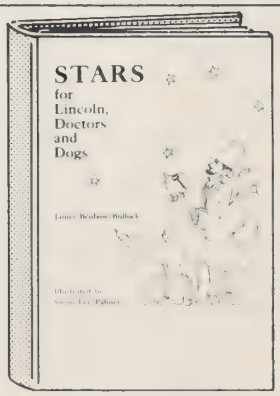

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alf of amaryllis bulb sits above soil.
sturdy pot, leaving an inch
tering space between soil and rim.
ed flower scape has started to sprout

NORMAN A. PLATE

***Extra-tall** (3-foot) stem, topped with giant, 9-inch-wide blossoms, gets a light bamboo stake. Smaller stem at left will soon produce flowers*

ndoor wonder: amaryllis goes from bulb to bloom in just a few weeks

***When flowers finish,** cut stem off with a sharp knife or shears, taking care not to damage leaves at base*

r and stand back," the label could reen flower scapes push up from fat llis bulbs and stretch so rapidly— mes an inch a day—you can almost em grow. Within a few weeks, the shoots have become 2-foot-tall crowned with plump buds that un- to big bugle-shaped blossoms.

fts or splashy indoor color for the ys, it's hard to find a more obliging The bulbs are available now from ies and by mail order. If you want for Christmas, you need to start y November 15.

ig bulbs are an investment, but ly cared for, they'll bloom again. range from $4.50 to $12 or more depending on size and whether you buy them loose or already potted. A good-size, three- to four-year-old, peak-producing bulb costs $7 to $10.

The different kinds. Amaryllis (*Hippeastrum*) are variously named African, Dutch, Giant Dutch, Royal Dutch, and Ludwig hybrids. Colors include white, rose, pink, salmon, red-orange, and light to dark red. Some have contrasting throats, splotches, or colorful candy-cane stripes. One bulb can produce two stems of four clustered flowers—each flower 6 to 9 inches wide.

The African types come from South Africa, where they were grown to blooming size, dug in our summer (winter in the Southern Hemisphere), then stored and shipped under controlled temperatures. When they come out of cold storage, the bulbs sprout quickly and flower in four to six weeks. These are the ones to start now for Christmas bloom. If you give them as gifts, consider sending them right away, so the recipient can enjoy their progress right up to the holidays.

Most Dutch and Ludwig varieties are dug and shipped from Holland in September. They take longer to flower (seven to eight weeks), so bulbs planted this month or next will bloom January to February. These generally cost less than African ones and come in a wider selection of colors.

In January, smaller, inexpensive bulbs ($2 to $2.50 each) from California and Japan arrive in some nurseries. These are good for planting outdoors in the West's mildest-winter climates.

Indoor care. If your bulb comes planted in a small plastic pot, it's a good idea to slip the pot inside a bigger container so it won't tip over when the stalk grows tall. If you'd like to transplant a bulb into another pot, follow the steps below.

Plant loose bulbs in a lightweight, porous potting soil. Use a pot that gives the bulb a few inches of growing room—an 8-inch pot for a large bulb. Handle the roots carefully, setting the bulb so the upper half to one-third of it sits above the soil.

Water well at planting time, then just enough to keep soil moist, never soggy. Grow in a warm, well-lighted place, turning the pot frequently to keep stems growing straight; stake if plant gets top-heavy. Leaves appear during or after bloom. Once flowers open, they'll last longer if you move plants to a cooler spot. Snip off flowers as soon as they fade.

After flowering. Watering and feeding the foliage promote next year's flowers. After all the flowers wither, cut back stems to the base and feed plants every few weeks with a dilute-strength liquid fertilizer. When weather warms, you can move plants outdoors to a protected patio or sink pots in the ground in bright shade.

If leaves haven't yellowed by fall, withhold water in October or November to force dormancy. Cut off faded foliage and store the pots in a cool closet, basement, or garage. Move into the light and begin watering again in December or January. You need to repot only every three to four years, but it's good practice to replace the top few inches of potting soil annually.

In frost-free areas, you can transplant bulbs into lightly shaded garden beds with good, well-drained soil where they'll usually bloom in spring—or even two or three times during the year.

Holding bulbs over. Since nurseries sell bulbs for only a short time, you may want to hold some for later bloom (Easter or Mother's Day). Wrap in newspaper or a paper bag and store in a refrigerator drawer at a temperature of about 40°. Take them out and start them four to six weeks before bloom time.

What gawky young podocarpus need is to get past adolescence

Here are the popular ones. And here is what training can do

It's easy to overlook the potential value of podocarpus. The gawky adolescents you see in nurseries are typically sparse and rather shapeless. But give a podocarpus time and a little training, and you can do almost anything with it.

Here we show the three most commonly available kinds of podocarpus and seven ways you can train them—from hanging basket plant to hedge or full-size tree.

Podocarpus are clean, mostly pest-free, and long-lived. They grow in most soils, in sun or part shade. Ample water is best, but not essential once they are well established. Podocarpus take inland hea where in California. In cold-winte mates, choose the yew pine landscaping; they're hardy to abou and also withstand more heat drought. Near the coast, you can al fern pines. Young foliage burns easil mature leaves will take temperatu 20° to 24° before they are damage

The yew pine (*Podocarpus macroph* is best known and most widely sold. minimum pruning and shaping, thes growers can be confined easily to containers for use indoors or out, t into a dense hedge (space plants feet apart), or used as a large shru espalier the yew pine on a wall or t as a small tree. Allowed to mature rally, it will eventually form an irr pyramid 30 to 50 feet tall with som drooping branches reaching 12 feet

The shrubby yew pine (*P. macrop maki*) is similar in appearance and ness to the common yew pine, but sn more compact, and even slower gr Its branches are more erect, with s darker green leaves. It may take 10

Three choice evergreens. *From left to right, Podocarpus macrophyllus carries its leaves in stiff, star-like tufts; P. m. maki is a more compact form; P. gracilior (also sold as P. elongatus) is soft and willowy*

Trained four ways, this is fern podocarpus

1 ▪ *Hanging patio plant. Fishing weights (now removed) accentuated the pendulous habit of cutting-grown fern podocarpus*

BILL ROSS

2 ▪ *Informal screen. Pruning emphasizes fern pine's tufted shape. Hosing keeps sparkling. Space plants 4 to 6 feet apa*

Here is yew pine trained three different ways

Bonsai-style yew pine is 15 years old, about 2 feet tall. It needs regular watering and pinching, partial shade

2 • *In a big tub, yew pine frames entryway, stays happy for years with minimal pruning and care*

3 • *Dense hedge of yew pine is 10 years old. Owner keeps it pruned to about 4 feet tall*

v 8 feet tall. Use it in tubs or as a or hedge where space is limited.

ine unfurls soft, willowy puffs of een against darker old growth. It's le in two forms. Those sold as *P. or* are almost always more upright, l form a tall hedge or small tree in six years with little training. Fern pines sold as *P. elongata* are usually more limber, pendulous, and grayish green. Use them for training along a wall or eave as you would a vine, in hanging containers, or whenever you want a weeping effect.

Both forms usually need sturdy support for the first three to five years; tie the stems loosely or retie several times a year.

Even near the coast, plant fern pine in a protected spot. Young foliage is burned by strong winds, salt air, and excessively hot sun, as well as by frost.

Plants established in the ground can take fairly dry conditions, but ample water is always best. For more lush foliage, use a moisture-holding mulch.

WILLIAM APLIN

4 • *Trained two ways. Large shade tree and vine-like espalier on wall are two forms of fern podocarpus. Choose an upright plant for a tree form, a floppier one for espaliers*

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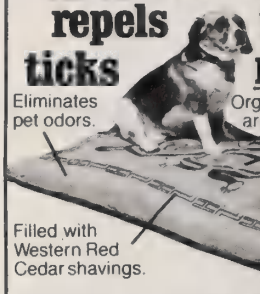

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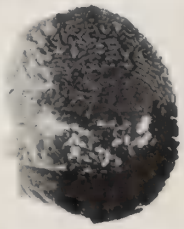

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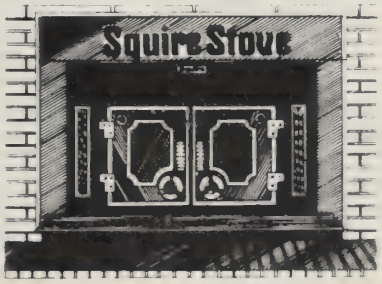

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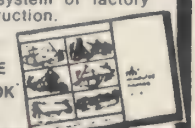

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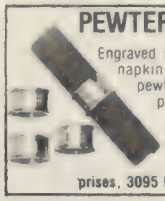

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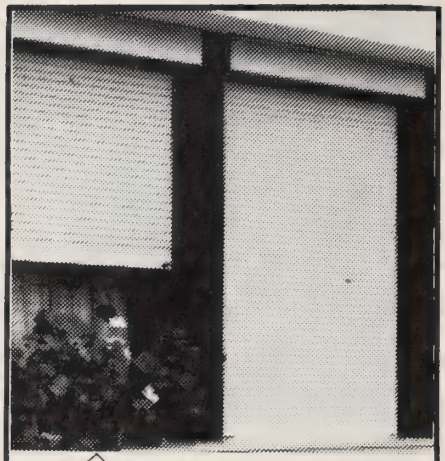

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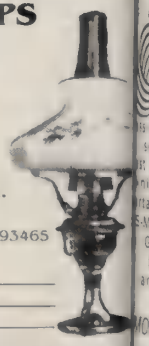

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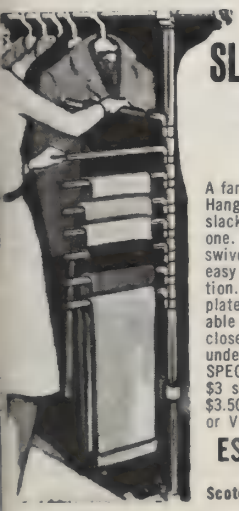

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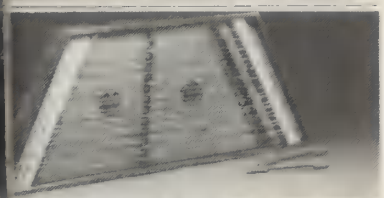

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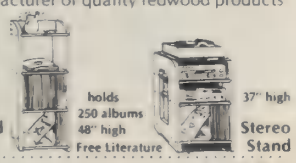

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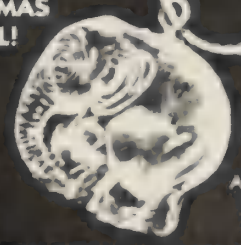

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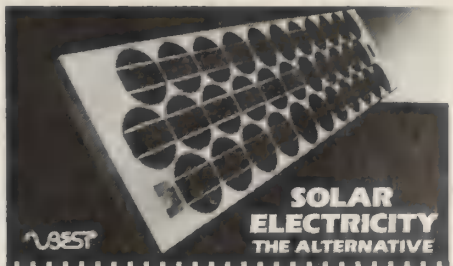

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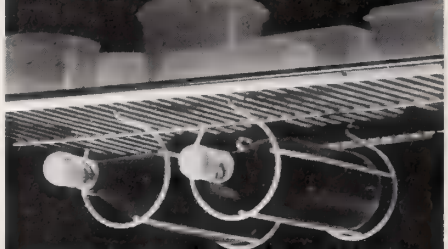

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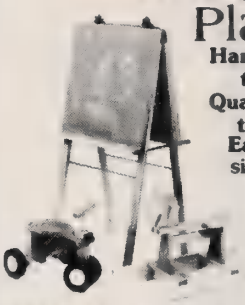

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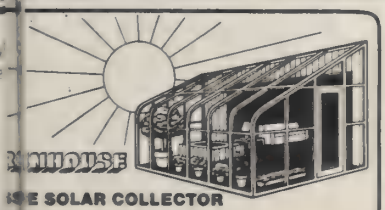

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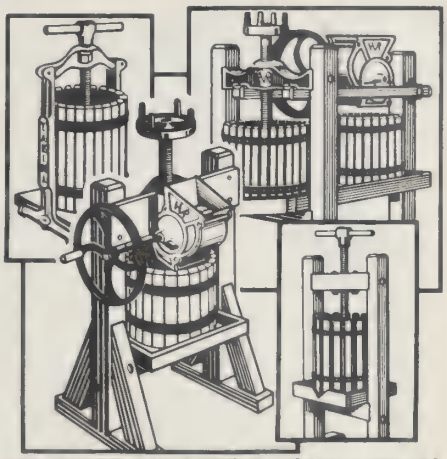

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DAVID STUBBS

Energy research in the field . . . and in your neighborhood

We've turned down thermostats. We've insulated, weatherstripp, blanketed our water heaters, and even made our fireplaces work hard. And yet, over the last decade home energy bills have gone up stead. With the prospect of another cold, wet winter ahead, for many famils an energy-efficient house is no longer an option—it's a necessity.

Where are new ideas in energy-efficient housing going to come from?

One promising source is a whole new generation of test houses. Some e practical designs that are being sold and lived in now. Others are b purely for long-range research. Although the demonstration house ia has been around for a while, most new solar test houses are radically ferent from their earlier counterparts.

You may have visited one of the earlier test houses. Equipped with h exchangers, reflecting walls, sun-tracking solar panels, and an array other gizmos that sometimes did Rube Goldberg proud, these test hou looked to the future. While impressive, they often lacked immedi practicality, and sponsors felt they scared as many buyers as t attracted.

"We're no longer doing futuristic idea houses for the public; we're do *real* houses with ideas in them," says Laird Perry of Puget Power Bellevue, Washington.

Solar researchers are now joining with builders to test designs that sell. The emphasis is on useful, achievable, cost-effective ideas rat than gadgetry, and the solar focus is on passive (versus active) syste including those that can easily be fitted onto existing houses.

Today's energy showcase houses look only slightly different from t conventional neighbors. Builders provide energy-conserving advanta by orienting the house toward the sun, cutting down on north-fac glass, incorporating thermal storage in walls and floors, and offe earth berming, double glazing, weatherstripping, and other options.

Instead of skepticism, the public is responding with enthusiasm. A recent solar showcase in Spokane, buyers snapped up 7 of the 10 ho shown. And at a six-house show in Portland, eight copies were ordere a $60,000 house with a projected annual fuel bill of $100.

This doesn't mean that high-technology solar research is being a doned. In spite of dramatic cuts in government funding, utilities, uni sities, government agencies, and independent research groups are qu pursuing a variety of projects. In a number of states, houses that electricity from photovoltaic solar cells are being monitored. Rese stations—like the project in San Diego County illustrated at left— providing answers to many questions by directly comparing scaled-d houses that use different passive heating and cooling techniques.

This new generation of solar research is starting to pay off with prac ideas—ideas that may soon help raise your home's winter tempera without raising your energy bill.

WINDOW ON THE WEST: *Passive solar tes*

This passive solar project in north San Diego County is sponsored by San Diego Gas & Electric and Southern California Gas. It tests seven 17- by 18-foot scaled-down houses—each with a different passive solar heating and cooling system—against a conventional eighth model. Pictured here are designs that incorporate an attached greenhouse (foreground), clerestory windows (rear), and a flat-topped roof pond. The two-year project will determine the most cost-effective systems, which can then be utilized by architects and builders.

Ringling Museums' Medieval Fair, Sarasota, Florida. Shot with an 80-200 mm zoom lens at f/5.6 at 1/125 sec

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Aloha Christmas

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Holiday Menus

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The Cover Story

Glowing softly in evening light, tasseled paper lantern bids cheerful welcome above a Honolulu front door; it's one of several Christmas ideas from Hawaii beginning on page 66. Instructions for making the star follow on page 72. Photograph by Darrow M. Watt

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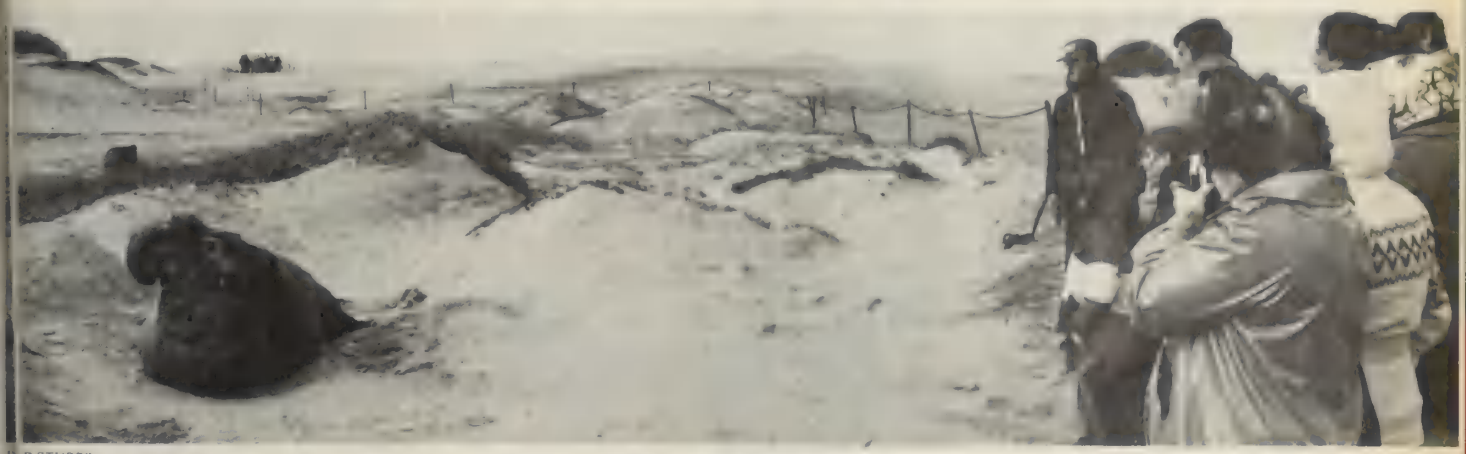
December travel . . . in and beyond the West

TEVE W. MARLEY

***akeout at Marin Headlands** is part of Audubon Society's annual bird count. Bird-watchers get dramatic transbay view of Golden Gate*



D. STUBBS

***T ning a classic profile,** posing elephant seal is popular winter inhabitant at Año Nuevo*

D:ember is for the beach, the bay, and the birds

R idents of the San Francisco Bay Area ca revel in the outdoors even in Decembe thanks to usually mild weather and to sp ial outings that occur only in winter. H e's a selected list of guided walks that w lead you out to the water's edge on so e sort of natural-history exploration. O oin the friendly army of bird-watchers fo he annual Audubon Society Christm bird count.

El hant seal tours. The popular beach w s to see the growing winter herd of br ding elephant seals (now numbering 1,0 or more) at Año Nuevo State Rese will begin December 11 and run through March 18. The 2½-hour interpretive tours, starting at the new nature center, are given daily from 8:30 to 2:30; be prepared for a 3-mile walk. Año Nuevo is about 25 miles south of Half Moon Bay off State Highway 1.

Tickets are sold at Ticketron outlets on a staggered-date basis. (The first set of tickets for December tours went on sale in early November.) Tickets will be sold from November 16 to 22 for December

***Underside of starfish** is object for study on ranger-led tidepool walk at Fitzgerald Marine Preserve*

Exploring Hawaii's Christmas

***On Oahu,** editors shop for foods in a farmers' market*

One Western pleasure is sharing the Christmas traditions of many cultures. And our cultural diversity is especially rich in the ethnic melting pot that is Hawaii, as a *Sunset* team learned on reporting trips there.

Linda Anusasananan concentrated on food, creating a representative Hawaiian Christmas dinner.

Kathy Brenzel looked into crafts—and discovered the Hawaiian custom of weaving angels from plant materials.

Sometimes research led to the same source: the Islander who gave her pork recipe to Anusasananan also taught Brenzel to make star-shaped lanterns.

Back home from Hawaii, we share our "Aloha Christmas" with you starting on page 66. □

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and January tours, from November 23 t 29 for December to February tours, there after for remaining tour dates. If you ac fast, you should still be able to get ticket for a range of dates. Telephone orders ca be charged to your credit card; call (415 393-6914. (At press time, SamTrans bu tours, run in past years, were no planned.)

Tidepool walks are scheduled at Fitzger ald Marine Preserve on December 11 (P.M.), December 12 (2:45), and Decembe 26 (1:20). Led by rangers and docent from Coyote Point Museum, you walk a low tide on the pool-pocked limeston shelf, finding sea urchins, anemones, star fish, and other marine creatures. Wea rubber-soled shoes or boots. The preserv is at Moss Beach at the end of Californi Avenue off State 1, just north of the tow of Princeton. Tours begin promptly.

Bayshore walks will be given on Decem ber 4 and 18 at 2 P.M. at Coyote Poi Museum as part of the month-long "Go to the Point" exhibit on the history of th bay, the park, and the museum. You also see maps and drawings of the Mid peninsula Regional Open Space District two dozen parks to commemorate the di trict's 10th anniversary. Hours are 1 to weekends; admission is $1. Entry fee Coyote Point County Park is $2 per ca Northbound on U.S. 101 (Bayshore Fre way), take the Peninsula Avenue exit ar follow signs; southbound on U.S.101, tak the Poplar Avenue exit.

The Christmas bird count is a nationwid effort conducted each year by the Aud bon Society's 1,500 chapters to keep trac of bird species. Counts are scheduled b tween December 18 and January 1; eac takes a full day, with teams covering a signed areas. Bay Area Audubon chapte that can use volunteers include Golde Gate (Oakland/San Francisco) at (41 843-2222; Mount Diablo, (415) 28 8266; and Sequoia (San Mateo County (415) 344-4577. Volunteers should knowledgeable bird watchers.

New ski area to open in Colorado

A state already well endowed with s resorts will add yet another with the ope ing of SilverCreek Mountain at the 8,30 foot elevation near Granby. Scheduled begin operating December 13, the s slope will offer two triple chairs and o double chair to serve 11 ski trails (m rated intermediate).

Base facilities, expected to open at t same time as the trails, include a d lodge with rental shop, ski school, nu ery, and restaurant; a 132-unit hotel ne by will also open.

Lift tickets will cost $12 for adults, $6 f children under 12. For details or to c firm openings, call (303) 887-3356. T resort is off U.S. Highway 40, 2 mi south of Granby—about a 2-hour dr

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Christmas tales and art at San Francisco's deYoung Museum

The white lily—not the red poinsettia—was the flower of Christmas in earlier days. The changing symbols associated with the Nativity are part of the story to be told on special tours at the M.H. deYoung Memorial Museum this month.

The free docent-led tours will discuss the Biblical story of Christmas and show how it's interpreted in works of art in the museum, including 15 to 20 European art objects from Gothic to baroque periods. Docents will point out stylistic differences in various paintings of the Madonna and Child, and show how artists from diverse eras depicted the Magi.

Tours (each takes about 45 minutes) will be given on weekends at 11:30 starting December 4, then Wednesday through Sunday at 1:30 from December 15 to 31. Museum admission is $2 for adults, 50 cents for children. The deYoung Museum is in Golden Gate Park.

An aerial look at California coast in a coffee-table book

Even dedicated drivers of that spectacularly scenic, devilishly twisty road called the Coast Highway (State 1) fail to see the shoreline of California in its entire (the road veers well inland in places). B you can see the choicest vistas along i 1,264 miles from a stunning perspective from high above—in a handsome, larg format book titled *California from i Air: the Golden Coast*, by Baron Wolm (Squarebooks, Box 1000, Mill Valle Calif., 1981; $27.50).

Its 144 pages contain 100 color phot graphs taken by the author; its 21 cha ters include interviews with such coas watchers as a bar pilot, a lighthou keeper, an oceanographer—"people f whom the coast is central to their lives says author-photographer Wolman.

Colorful Utah on display in Salt Lake's airport

A new exhibit of large-format color ph tographs was recently installed at the te minal end of Concourse A in the S Lake City International Airport. If you passing through the airport, perhaps your way to nearby ski hills, it's worth brief look.

You'll find breathtaking scenes of su varied Utah terrain as the tall Fisch Towers, the twisted sandstone of Gob Valley, snow-covered Mount Timpar gos. The 29 prints, by such well-kno photographers as David Muench, Da Sumner, and Philip Hyde, were install just this year.

For travel planners, a December 1982 check list

Okefenokee Swamp and coast of Georgia. Starting on April 17, canoe for a week in the swamp, spend a day at Cumberland Island National Seashore, five days on Little St. Simon's Island. Cost of 12-day, naturalist-escorted tour is $1,350, including meals and accommodations in twin-bedded cabins or hotels. For details on this and other worldwide nature tours, write to Questers, 257 Park Avenue S., New York 10010; (212) 673-3120.

Rent a Greek island. Located between Euboea and the Greek mainland, 60-acre Argironisos ("Silver Island") can be rented for $1,200 a day for up to six adults (additional two adults, $200 per person; children $150). Price includes stay in a century-old whitewashed house, meals, use of boats for water sports and fishing. Transfer from Athens airport will be arranged at extra cost. For more information, write to the Greek National Tourist Office, 611 W. Sixth St., Los Angeles 90017; (213) 626-6696.

Spring and fall cruises in Europe. The newly refurbished 76-passenger M.S. *Lindblad Polaris* makes 15- to 18-day cruises along coasts of continental Europe and North Africa. A 16-day cruise from Rome to Lisbon, Lisbon to Copenhagen, or Rome to Athens costs $3,850 to $5,990 for lectures and meals on board, sightseeing program, use of landing craft for access to small bays and beaches. Ask your travel agent for details, or call Esplanade Tours in Boston, (800) 343-7184.

Sahara camping. A six-week trip goes to Carthage, troglodyte caves in Tunisia, Hoggar Mountains in Algeria, and ends at Kano, Nigeria, after a visit to Yankari game reserve. Travel for 12 tour members and trail leader, cook, and nurse, is in four-wheel-drive vehicle. Departures are February 6, September 16, December 27, 1983. Land price of $2,950 includes use of individual tents, 11 nights in hotels, Western-style meals. For details, write Tusker Trail Co., 12077 Wilshire Blvd., Suite 565, Los Angeles 90025; (213) 820-8440.

Scandinavian heritage tours. Four individual seven-day tours, commencing any day, are designed for ancestor seekers. For example, the Swedish Emigrant Tour costs $407 per person sharing twin room with bath, and includes compact car with unlimited mileage. Ask your travel agent or any SAS office about Bennett tours. □

What a travel agent can do for you: Provide information on tours; help you plan a trip; reserve space on air, rail, bus, and ship lines; make hotel, ranch, and resort reservations. Travel agents usually do all this without charge, but they do charge for "custom" tour service.

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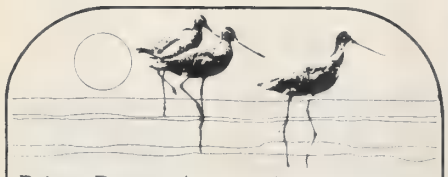

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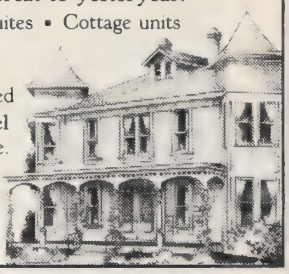

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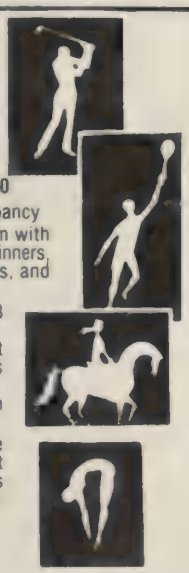

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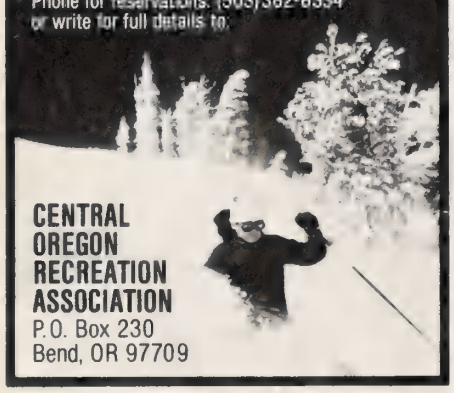

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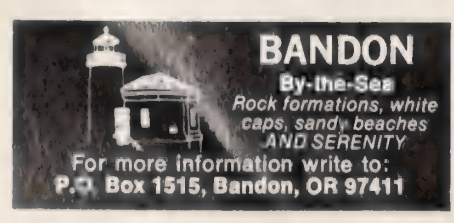

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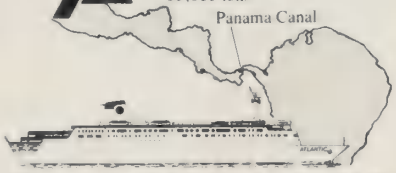

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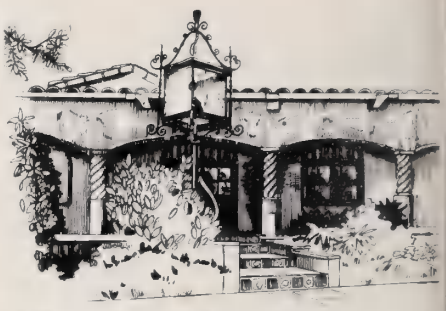

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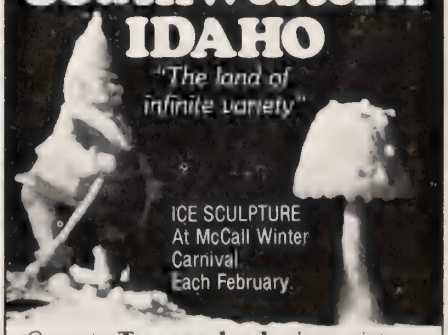

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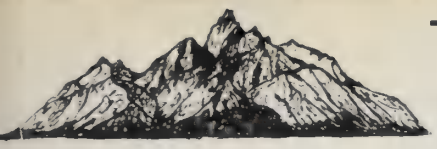

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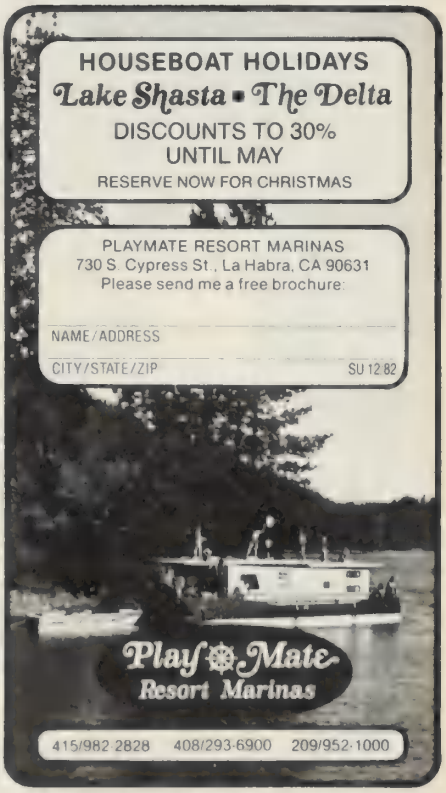

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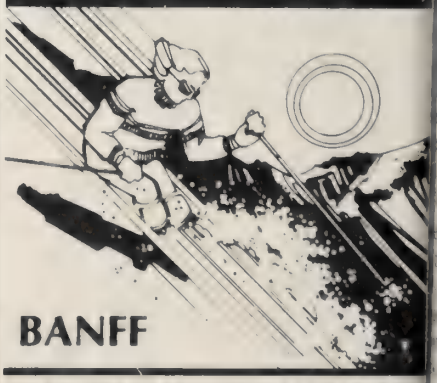

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Red Rock Canyon State Recreation Area. The multicolored, fissured cliffs of this 3,979-acre park attracted producers by the score. Washed in the stark, high-desert sunlight, the eroded buttes and steep-sided canyons resembled the more rugged Southwest. Ask at the ranger station for trail directions to the Red Cliffs and Scenic Cliffs where many movies were shot.

The park is 25 miles northeast of the town of Mojave on State Highway 14. The ranger station, campsites, and picnic tables are ½ mile west of the highway. Day use is $2; camping costs $3 per vehicle.

Vasquez Rocks County Park. An archetypal western location, the 40-million-year-old, upfolded sandstone rocks of the 745-acre park became a commonly used backdrop for chase scenes or an ideal roost for stage-robbing bandits or ambushing Indians. It later became a favorite location for sci-fi films. A commercial a week is still shot here.

From I-5, take State 14 northeast 15 miles to the Agua Dulce Canyon Road exit; go north about 1¾ miles and follow the road as it makes a sharp right turn; from the stop sign, go straight for ¼ mile. You can hike throughout the park (trails are marked) and scramble among the rocks. There are 40 picnic tables; camping is restricted to organized groups. The park is open from sunrise to sunset; free.

Placerita Canyon State and County Park. The park's oak canyons, dry streambeds, chaparral hillsides, and bigcone spruce forest were used in many B-westerns, including John Wayne's *Three Mesquiteer* series in the '30s. Scenes for the *Cisco Kid* movie series and the Hopalong Cassidy TV series were shot here. You can stroll around the Walker cabin, which served as Hoppy's house, ¼ mile west of the nature center.

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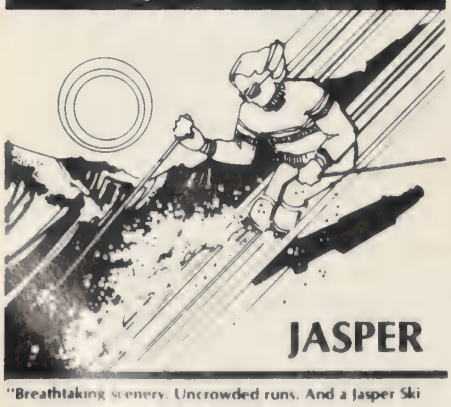

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From State 14 about 12 miles southwest of Vasquez Rocks, go 2 miles east on Placerita Canyon Road. The park is on your right. (Disney's location ranch, off limits to the public, will be on your left.) The park, open 9 to 5 daily, has 8 miles of hiking and riding trails. Ask for trail maps at the nature center. Day use is free.

William S. Hart County Park. Creator of the most authentic silent westerns, "Two-Gun Bill" Hart starred in more than 75 films, rarely allowing a double to stand in for him. His Newhall ranch house, which he purchased in 1921, was used in several of his movies. The interior and exterior walls could be taken down and moved for different scenes. You can tour the house daily from 10 to dusk; free.

Hart also built a 10,000-square-foot mansion atop the hill overlooking his ranch and packed it with memorabilia, Remington paintings, Russell paintings and sculpture, Navajo rugs, and an impressive gun collection. Free mansion tours run hourly from 10 to 5 Saturday and Sunday, from 10 to 3 Wednesday through Friday.

From State 14, take San Fernando Road northwest 1½ miles. There are 2½ miles of hiking and equestrian trails (no rentals), a ½-mile nature trail, corrals stocked with farm animals, and a 3-acre park for picnics (camping for scout groups only). The park is open daily 10 to dusk.

Beale's Cut. Formerly Fremont Pass, Beale's Cut was first slashed to a 30-foot depth in 1854 by gold trader Phineas Banning to allow gold wagons passage to and from Los Angeles and Kern River Valley. Later, General Beale deepened it to 90 feet, charging $2 for passage. It became the location for several film scenes, including some from the 1917 *Straight Shooting* and the 1939 John Wayne movie *Stagecoach*.

From San Fernando Road just west of State 14, take Sierra Highway south 1½ miles. Look for the stone monument on the left past the oil refinery. Park in the turnoff and hike ¼ mile into the canyon to see the cut, now county land.

Griffith Park. "A rock's a rock, a tree's a tree. Shoot it in Griffith Park!" cried Hollywood producer Sam Goldwyn. Griffith Park provided the most accessible western location near Hollywood. Innumerable scenes were shot in the park's Bronson Canyon Quarry, a steep-sided, rock-strewn canyon that offered great camera angles for shoot-em-ups and getaways. TV crews came here to film scenes for *Gunsmoke, High Chaparral,* and *Bonanza;* even today, the quarry is used almost weekly for commercials and film scenes.

From the Hollywood Freeway (U.S. 101), take the Hollywood Boulevard exit; just east of the freeway, drive north on Van Ness Avenue, go left on Franklin Avenue, then immediately right on Canyon Drive. Continue 1½ miles into the park to the Hollywoodland Camp parking lot, just past a gated dirt road on your right. The quarry is a ½-mile walk south past the gate. The park is open sunrise to sunset; admission to this area is free.

Malibu Creek State Park. From 1946 to 1975, part of this 6,000-acre park was owned by 20th Century Fox (another part by Ronald Reagan). Scenes from *How the West Was Won, Chisom, Butch Cassidy and the Sundance Kid,* and other westerns were shot here. The pools in the gorge area, 1 mile in along the park's main trail, have been in countless movies.

From the Ventura Freeway (U.S. 101), take Las Virgenes Road south 4 miles; ¼ mile south of Mulholland Highway, turn west into the park. There are 13 miles of trails. Parking costs $2. The park is open daily from 8 to dusk.

Paramount Ranch. These 397 acres which were purchased by the National Park Service in 1980, belonged to Paramount Studios from the 1920s to the '50s. The ranch was the location for such famous westerns as *The Virginian, High Noon, Gu Fight at the OK Corral,* and several TV westerns series including *Cisco Kid, Have Gun, Will Travel,* and *Rin Tin Tin.* You can walk through the town or hike the ranch's 2 miles of trails seven days a week from 9 to 5; admission is free. Rangers lea tours on weekends.

From the Ventura Freeway, take Kanan Road south ¾ mile and bear left on Corne Road; drive southeast 2 miles. The ranch i on your right near Mulholland Highway.

Wildwood Park. Created in the early '70s to save some of Thousand Oaks' wildernes this 1,219-acre park was the location for more than 300 movie and TV westerns, including *Shenandoah, Tales of Wells Fargo, The Man Who Shot Liberty Valance, Wagon Train, Gunsmoke, Rawhide,* and *The Rifleman.* The cliffs off to your right as you enter the park were often used to film smoke signals; a mile in the park are the Stagecoach Bluffs, where crews rolled countless stagecoaches into th spectacular canyon.

From the Ventura Freeway in Thousand Oaks, take Lynn Road north 2.2 miles an turn west on Avenida de los Arboles. Park at the end near the gate. Eight miles of hiking and riding trails (no rentals) begin nearby. There are five picnic areas. The park is open sunrise to sunset; free.

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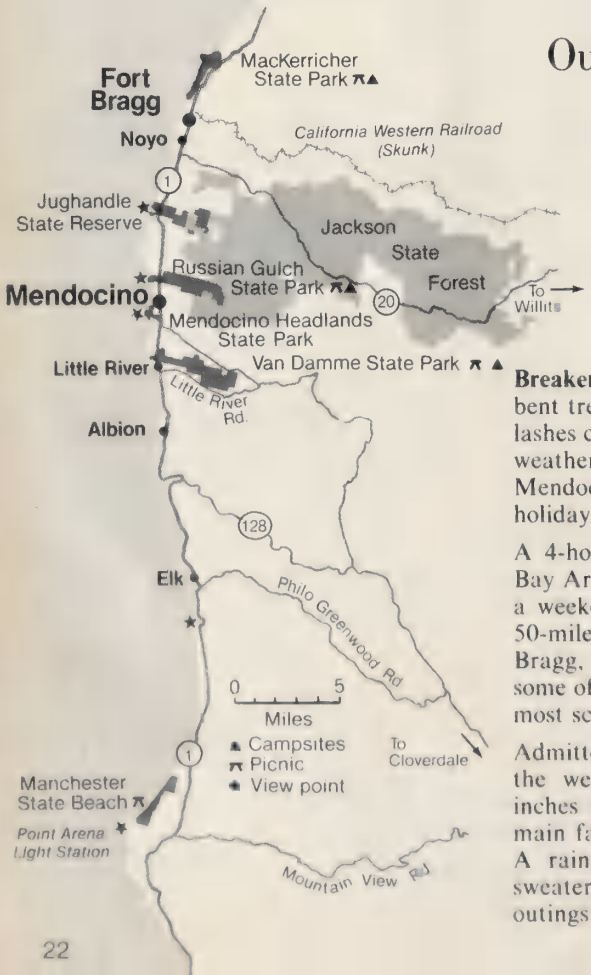
PG and E

***Surfside perch** at MacKerricher State Park invites winter angling for rockfish. Wise fishermen keep an eye out for rogue waves*

***Threading along** the coast, State 1 (a two-lane highway) is a slow but scenic route. Stars mark good spots for ocean views and whale watching*



Mendocino winter

Outdoors you're watching weather and whales. Indoors you can shop for crafts, attend a concert, sit down for a traditional Yuletide dinner

Breakers roar against the shore, wind-bent trees arch above sculpted cliffs, rain lashes clapboard houses. Dramatic winter weather intensifies the beauty of the Mendocino coast. And this time of year, holiday festivities add a touch of warmth.

A 4-hour drive from the San Francisco Bay Area, the Mendocino coast can offer a weekend or week-long holiday. In the 50-mile stretch from Point Arena to Fort Bragg, State Highway 1 twists along some of northern California's wildest and most scenic shoreline.

Admittedly, December and January are the wettest months, each averaging 7 inches of rainfall. But temperatures remain fairly moderate—from 40° to 60°. A rainproof windbreaker worn over a sweater is usually enough protection on outings: watching for whales, angling for rockfish, visiting the newly opened Point Arena lighthouse, and hiking or horseback riding through forests. If the weather turns really sour, you can duck inside for a Christmas concert, a crafts fair, and festive dinners.

To accommodate growing numbers of tourists, the number of shops and inns here is increasing dramatically, bringing some cheer to a local economy hard hit by joblessness in the timber and fishing industries. It's wise to make early arrangements for lodging (listed on page 24).

Indoor retreats, Yuletide events

On blustery days, there are plenty of places in Mendocino offering pleasant refuge from the weather. At the Mendocino Art Center, for example, you'll find paintings, prints, and sculpture by some of the center's 200 members in its exhibit

DAVID STUBBS

JERRY FREDRICK

***Halls are decked** with evergreen garlands, tinseled Christmas tree in the Mendocino Hotel*

***Handmade stockings** are among the crafts and gift items offered during holiday fair at Mendocino Art Center*

***turdy old town** of Mendocino peeks out over cky headlands ave-tossed sea*

***Roast goose** is main course of holiday dinner at DeHaven Valley Farm Inn, 15 miles north of Fort Bragg*

and sales gallery. At its holiday fair on November 26 and 27, you can shop for handmade pottery, weavings, and gift items while you drink a cup of wassail. The center is open 10 to 4 daily, 10 to 5 weekends and days of the fair.

The Artisans Guild Store, 45050 Main Street, displays and sells works by artists from Mendocino's woodworking and weaving guilds. It's open 10 to 5 daily. Here and around town, you can pick up a free guide to some 50 shops and galleries.

At Main Street's landmark—the white-steepled Mendocino Presbyterian Church—the College of the Redwoods Choir will perform a free concert of Mozart's *Missa Brevis* in F major on Decem-

DAVID STUBBS

***Multitrunked tree** spreads above campers in Russian Gulch State Park. Below, puppet helps ranger explain whales' feeding habits*

ber 17 and 18 at 8 P.M.

Down the street at the Kelley House Museum, a December exhibit will recall an 1800s Christmas. It's open Friday through Monday from 1 to 4. Docent-led walking tours of town leave here Saturdays at 11 (weather permitting); $2 donation. On Saturday, December 18, a walking tour will include several inns and a wassail reception; for details, call (707) 937-5791.

Youngsters may enjoy seeing a holiday play. At the Helen Schoeni Theater at Little Lake and Kasten streets, the musical *Hansel and Gretel* will be presented at 7 P.M. December 15 and 16, at 4 and 7 P.M. December 17 and 18. Tickets cost $2.50 for children, $3.50 for adults. And at Laurel and McPherson streets in Fort Bragg, the Footlighters' Theater presents a free comedy for children, *Once Upon a Clothesline*, on December 11, 12, 18, and 19 at 2 P.M.

Outdoor escapes: whale watching, hiking, and riding (by horse or train)

One joy of winter on the coast is watching California gray whales swim by on their annual southward migration. They come close to shore at several spots (see stars on map), and with binoculars or a spotting scope you can get a good look. At two state parks, rangers give whale-watch talks each weekend day at 10, weather permitting: Saturdays at MacKerricher, Sundays at Mendocino Headlands.

Sunday afternoons in January, you can whale watch from the fog signal building of the Point Arena lighthouse. Long off-limits to the public, the lighthouse has been restored by the volunteer Point Arena Lighthouse Keepers, Inc., and will be opened periodically.

If you'd like to go shorefishing for rockfish, try MacKerricher or Russian Gulch state park. Anglers 16 and over need a license; park entry fee is $2.

If you enjoy invigorating camping, there are sites at three state parks: Van Damme, MacKerricher, and Russian Gulch (this park's sites are reservable through Ticketron). In December the campsite fee is $5 a night; in January it will be $6.

The new member of the state park system here is Jughandle State Reserve, a 734-acre ecosystem of five terraces stepping up from lush forest to nutrient-starved dwarf trees, some only inches high yet decades old. Weather permitting, you can join a guided walk on Saturdays at 10 (plan for a 3-hour hike). Or buy a self-guiding brochure at the trailhead (bring two quarters for the dispensing machine).

To arrange a guided horseback ride through woodland, call the Mendocino Equestrian Center in Fort Bragg at (707) 964-7895; rides cost $10 an hour.

Or ride through the redwoods aboard the famous "Skunk" train—the California Western Railroad—on its 80-mile, 7-hour round-trip run between Fort Bragg and Willits. It departs Fort Bragg at 9:50 daily, except Thanksgiving, Christmas and New Year's. Cost is $12 for adults, $6 for children 5 to 11. For reservations, call (707) 964-6371.

Where to stay? 32 inns on the Mendocino coast

The lodging picture along the Mendocino coast has brightened considerably in recent years. We list 32 inns, south to north. Bookings for the first two weeks of December are usually light, then heavy for the holiday weekends. Three inns close during the season. Rates are based on double occupancy.

Each offers some sort of morning repast, and a few have restaurants. Call for details; all phones are area code 707.

You can also call Fort Bragg Chamber of Commerce at 964-3153; or for lodging in homes or condominiums, Mendocino Coast Holiday Reservations, 937-5033.

Elk. *Elk Cove Inn,* 6300 S. Highway 1; 877-3321; 8 rooms, $98 to $126 weekends, $36 to $68 weekdays, including dinner and breakfast.

Green Dolphin Inn, 6145 S. Highway 1; 877-3342; 3 rooms, $55.

Greenwood Lodge, 5210 S. Highway 1; 877-3422; 5 rooms, $40 to $60.

Greenwood Pier Inn, 5940 S. Highway 1; 877-9997; 7 rooms, $30 to $60.

Harbor House, 5600 S. Highway 1; 877-3203; open weekends in December, 9 rooms, $90 to $125.

Heritage House, 5200 S. Highway 1; 937-5885; 62 rooms, $95 to $165 with breakfast, dinner; closed December, January.

Albion. *Albion River Inn,* 3790 N. Highway 1; 937-4044; 6 rooms, $35 to $80.

Navarro Ridge Inn, 33810 Navarro Ridge Road; 937-4511; 10 rooms, $37 to $75.

Little River. *Fools Rush Inn,* 7533 N. Highway 1; 937-5339; 8 rooms, $39 to $49.

Glendeven, 8221 N. Highway 1; 937-0083; 7 rooms, $45 to $70.

Little River Inn, S. Highway 1; 937-5942; 50 rooms, $50 to $76.

Victorian Farmhouse, 7001 N. Highway 1; 937-0697; 4 rooms, $55.

Mendocino. *Ames Lodge,* 42287 Little Lake Street; 937-0811; 7 rooms, $30 to $40; closed December.

Big River Lodge, 44850 Comptche-Ukiah Road; 937-5615; 25 rooms, $69 to $92.

Blackberry Inn, 44951 Larkin Road; 937-5281; 13 rooms, $45 to $95.

Headlands Inn, 44950 Albion Street; 937-4431; 6 rooms, $52 to $65.

Hill House Inn, 10701 Palette Drive; 937-0554; 21 rooms, $56 to $85.

Joshua Grindle Inn, 44800 Little Lake; 937-4143; 7 rooms, $48 to $60.

MacCallum House, 45020 Albion; 937-0289; 20 rooms, $34 to $95.

Mendocino Hotel, 45080 Main Street; 937-0511; 26 rooms, $45 to $140.

Mendocino Village Inn, 44860 Main; 937-0246; 13 rooms, $25 to $56.

Whitegate Inn, 499 Howard Street; 937-4892; 6 rooms, $45 to $65.

Fort Bragg. *Blue Rose Inn,* 520 N. Main Street; 964-3477; 5 rooms, $50.

Cleone Lodge, 24600 N. Highway 1; 964-2788; 9 rooms, $32 to $49.

Colonial Inn, 533 E. Fir Street; 964-9979; 8 rooms, $32 to $58.

Country Inn, 632 N. Main; 964-3737; 8 rooms, $45 to $50.

Glass Beach Inn, 726 N. Main; 964-6774; 6 rooms, $50 to $63.

Grey Whale Inn, 615 N. Main; 964-0640; 13 rooms, $40 to $55.

Pudding Creek Inn, 700 N. Main; 964-9529; 10 rooms, $35 to $55.

Westport. *Cobweb Palace Inn,* 38921 N. Highway 1; 964-5588; 6 rooms, $33 to $55.

DeHaven Valley Farm Inn, 39247 N. Highway 1; 964-2931; 8 rooms, $45 to $70.

Howard Creek Inn, Howard Creek and Hwy. 1; 964-6725; 7 rooms, $30 to $55.

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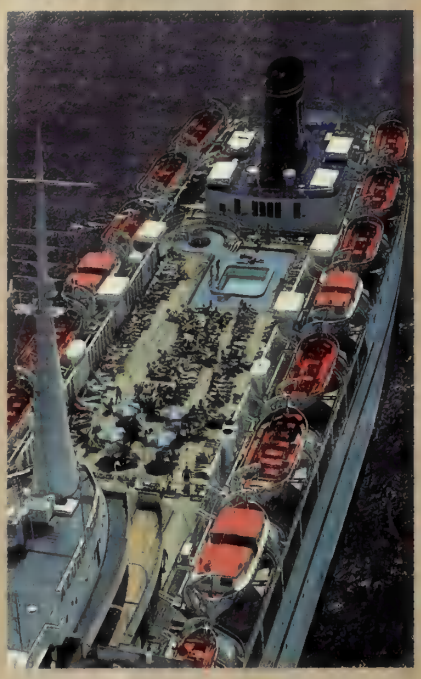

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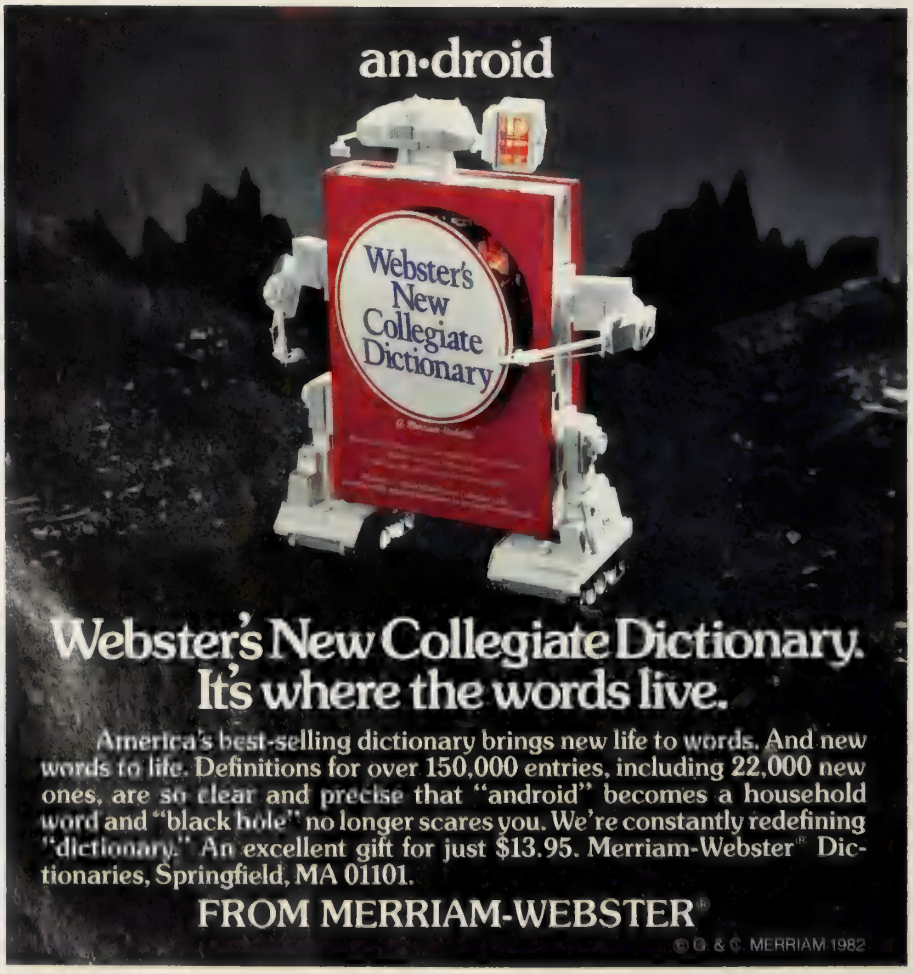

Guides (most are free) for the disabled traveler

For the elderly or disabled, proper trip planning can mean the difference between inconvenience and enjoyment. The widths of doors and aisles, the slopes of ramps, the accessibility of rest rooms, and the locations of barrier-free highway rest areas are all important considerations for these travelers.

Fortunately, such information is available in the five booklets listed below. Four are free; one is reasonably priced. All can be obtained by mail; each will fit easily into a purse or day pack.

Access Amtrak (National Railroad Passenger Corp., 400 N. Capitol St. N.W., Washington, D.C. 20001, 1981; free). This guide to Amtrak services for elderly and handicapped travelers includes information on discount fares, boarding accessibility, and railcar arrangements. (It is also available from many Amtrak ticket agents and stations.)

Access National Parks: A Guide for Handicapped Visitors (National Park Service, 1978; $6.50). This 200-page guide gives detailed information about accessibility of facilities, services, and interpretive programs in almost 300 historic sites, monuments, and parks (including trail surface and length, door widths, rest room accessibility). It also includes addresses, telephone numbers, and brief descriptions of each park area. Order it by number (SN 024-005-00691-5) from the U.S. Government Printing Office, Washington, D.C. 20402.

Access Travel: Airports (Airport Operators Council International, 1982; single copy free) lists design features, facilities, and services at 472 airport terminals in 46 countries, including such information as walkway widths, ramp slopes, and location of elevators. It's available from the Consumer Information Center, Dept. 632K, Pueblo, Colo. 81009.

Highway Rest Areas for Handicapped Travelers (The President's Committee on Employment of the Handicapped, 1111 20th St. N.W., Washington, D.C. 20036; free). This guide lists more than 800 accessible rest areas along major highways in 48 states.

1981/1982 International Directory of Access Guides (Rehabilitation International USA, 1123 Broadway, New York 10010; individual copy free, additional copies $1 each). This directory lists access guides that provide information on accessibility in cities, towns, parks, and transportation systems around the world. Examples: *Open Doors Access Santa Barbara County, Melbourne for the Handicapped, Vienna Guide for Disabled Persons.*

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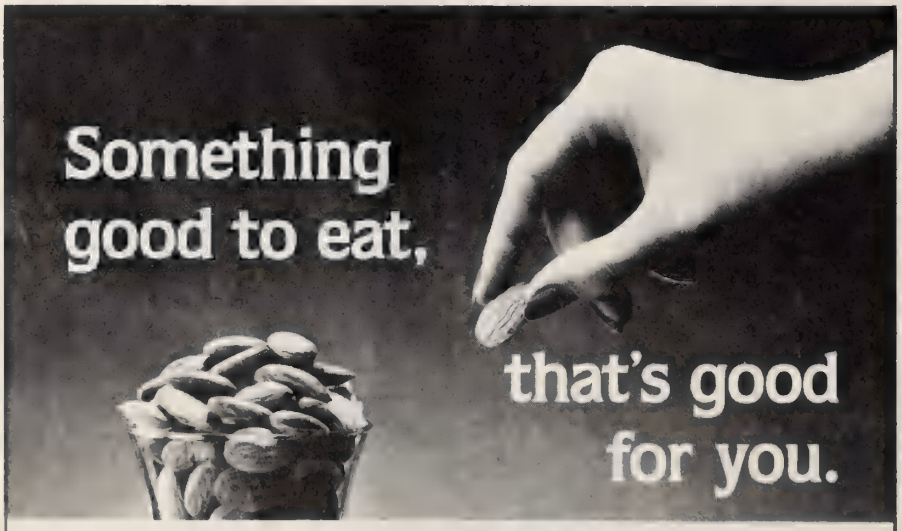

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DAVID STUBBS

***Well-landscaped garden** leads to Magnes Museum. Among the artifacts on view are finely crafted menorahs*

a 1535 Coverdale Bible, one of 23 existin copies of the first printed complete Eng lish Bible. A first edition King Jame Bible (1611) helps prove that to err human: known as the "he" version be cause at one point it identified Ruth of th Old Testament that way, it was followe by a "she" version which set thing straight. (You can see a copy of both.)

The museum, at 1798 Scenic Avenue, open 9 to 4 Tuesday through Friday. Ad mission is free.

Jewish tradition at Magnes Museum

Named for the San Francisco native w was the first rabbi ordained west of th Mississippi and a leader of 20th-centur American Judaism, the Judah L. Magne Museum is the third largest museum Judaica in the country. Among its di plays are Torahs, Seder plates, menorah from a half-dozen countries and as man centuries, shofars (carved ram's horn sounded at Rosh Hashana and Yom Kip pur), and sumptuously illustrated wed ding contracts.

A separate wing holds changing exhibit showcased this month is work by conten porary artist Beth Ames Schwartz.

Before or after viewing the exhibits, yo might take time to admire the palm-stud ded front garden designed by the father Golden Gate Park, John McLaren.

The free museum, at 2911 Russell Stre is open Sunday through Friday 10 to Docent tours are given Sunday a Wednesday; call (415) 849-2710.

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[1] 5-speed transmission not available in California.

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***Tolling** ancient Yuletide carols, boys' choir sings for charity in Trafalgar Square*

ANDREW BODY

Christmas in London . . . cold, wet, memorable

Regent Street lights and pantomime dancers brighten the holiday season

Steeped in tradition and tinseled with more than a little nostalgia, Christmas in London has its own sense of proper time and place. For travelers who don't mind the short days and cold, often wet weather (we encountered snow last December), the two weeks before Yuletide can be one of the best times for a London visit.

Summertime tourist crowds are gone and forgotten, and the spirit of the holiday reigns in shops, galleries, restaurants, and pubs. Holly wreaths and lights or candles appear in frosted windows, and street vendors roasting chestnuts or baking potatoes over glowing coals attract eager buyers.

Still, there is an economy of scale in British Christmas that American visitors may at first find disconcerting—the season doesn't seem to pack the commercial wallop we are accustomed to. Most store decorations appear subdued by our shopping center standards, and many don't go up until well into December.

Inside even the largest department stores gift displays seem almost discreet. But if you look near most toy departments you'll find Father Christmas in his grotto, looking just as rumpled and overheated as our own department store Santas.

What many shops lack in decoration is more than made up for by the abundant variety of goods. Last year, one Covent Garden store proudly displayed a 78-pound prize turkey that would have astounded Tiny Tim; a nearby shop had ready-to-steam Christmas puddings with jars of hard sauce and brandy butter.

Christmas anywhere away from home takes extra advance planning, and London is no exception. While your travel agent should have little trouble finding you a hotel room even now (some tour packages include Christmas meals and other holiday events), once you get to London some strategy is in order to track down special programs.

Lighting the lights

The Christmas season officially begins November 16, when the Regent Street

SUNSET

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So little done, such things to be."
Alfred Lord Tennyson
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Christmas lights are switched on. Arching over this fashionable shopping street from Piccadilly Circus to Oxford Circus, the banners of lights form a glittering arcade daily from 3:30 to midnight. Good time for a look is just at dusk from Oxford Circle. This is rush hour: brightly lit shops are still open and sidewalks are thronged with shoppers. We think it's one of the best free shows in London.

Every year since the end of World War II, Norwegians have presented Londoners with a giant Christmas tree, which is erected in Trafalgar Square. This year it will be lit on December 9; from then until Christmas Eve, caroling groups will gather around it from about 4 P.M.

Near Christmas, carolers stroll through shopping districts or serenade on street corners; favorite locations are forecourts of subway stations. Most are collecting for charities and keep the hat passing.

Candlelight and choirs

Music may be the very soul of Christmas spirit, and while Handel's *Messiah* sounds impressive almost anywhere, hearing its Hallelujah Chorus reverberate among the baroque vaults of St. Paul's Cathedral is more than a mere listening experience.

From about the first of the month through Christmas Eve, London's cathedrals, chapels, churches, concert halls, and even a few theaters offer a variety of musical programs. Many are combined with church services, but some are purely for music and may charge a small admission. For seats, especially at the major cathedrals, better plan to arrive at least an hour early.

Last year, events were scheduled at dozens of locations. Although many dates were still to be set at our deadline, we were able to confirm a few popular evening events: December 7, Handel's *Messiah* in St. Paul's Cathedral at 6; December 11, London Chorale in St. John's at 7:30; December 12, Festival of Carols in Southwark Cathedral at 7:30; December 22, Carol Service in Christ Church at 1.

Tickets for the always popular Christmas concert hall programs should be reserved immediately through a ticket box office (see *Theater strategy in London* in the March 1982 *Sunset*).

Many churches will offer candlelight and carol services Christmas Eve. One of the most popular is the Blessing of the Crib and Children's Service at 2 P.M. in Westminster Abbey. Midnight Eucharist service in the abbey is at 11:30.

Pantomime: not just for kids

Although modern pantomimes bear little resemblance to their 17th-century forebears, they are firmly entrenched as a Christmas tradition throughout Britain.

The noble clown Harlequin has almost disappeared from pantomime perfor

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mances, which are nearly inseparable from standard musical comedy. With a few exceptions, performances open mid-December and often run into February.

Traditional performances were usually based on fairy tales. This month early openers include *Jack and the Beanstalk* at the Theatre Royal on December 1, *Robin Hood* at the Young Vic on December 9, and *Peter Pan* at the Barbican Theatre on December 9. Tickets may be hard to get; reserve as soon as you can.

In search of Dickens

No Christmas in London would be complete without some acknowledgment of Charles Dickens and his contribution to Christmas literature.

This month, two special Dickens Christmas Walks and two Dickens Presentation Evenings will be offered by historians Alex and Peggy Cobban; cost is less than £5 per person. Since tickets sell out early, better reserve now by calling their office in Brentwood, Essex, at (0277) 213704.

The annual Dickens Drive is December 14, when "Mr. Dickens" and party will tour London in a special coach with four horses. Last year the group performed at a number of stops, ending up at St. Peter's, where Dickens read from *A Christmas Carol*; mimes and carols by candlelight rounded out the program. London Tourist Board offices will have this year's complete routing and program.

Before you go

By late November, the British Tourist Authority, 612 S. Flower St., Los Angeles 90017 (213/623-8196), and the London Tourist Board, 26 Grosvenor Gardens, London, will have updated lists of London Christmas events.

The BTA office can provide information on Christmas travel packages and holiday events. As you arrive in London, check with LTB kiosks at Heathrow Central Station in Heathrow Airport or near platform 15 in Victoria Station (or in Selfridges on Oxford Street).

The real drawback with staying in London over Christmas is that most shops, museums, and attractions, many restaurants, and some theaters close down for the holidays. This year is especially bad. With Christmas on a Saturday and Boxing Day (December 26, a holiday) on a Sunday, many places will be closed from December 24 through 28. Even public transportation goes on limited service. Unless you allow for all this in your planning, London will probably seem rather empty.

For a traditional dinner on Christmas Eve or Day, have your travel agent make reservations at one of London's major hotels (they sell out early). The Athanaeum, Claridge, and Savoy hotels are popular and should feature turkey and a flaming Christmas pudding. □

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GREGG MANCUSO

More than 9 feet tall, Tree of Life is on display for first time at Fort Mason

Mexican art moves to Fort Mason

A colorful capsulized history of Mexican art has found a new home in San Francisco's Fort Mason on the waterfront. The only museum in the United States devoted solely to Mexican art has moved into larger quarters here and can now display more of its collection.

Here you can survey art from 1700 B.C. to the present, from the somber hues of pre-Hispanic terra cottas to the brightness of contemporary folk art.

You first meet fat-bodied figurines from archeological sites in western coastal Mexico, some up to 1,500 years old. Next you pass the colonial gallery, with its timeworn wooden *santos* (saints), glorious carved gates, mirrored panels. Color seem to leap off the walls in the contemporary section, with paintings and sculptures ranging from a dying striker in oil to tough, street-wise *cholos* in ceramics. A stunning bronze, *Maternidad* by Francisco Zuñiga, commands one gallery.

The boldest comes last: the folk art room filled with painted masks, laughing papier-mâché skeletons, and a ceramic *Tree of Life* where Adam and Eve hang amidst birds, berries, and blossoms.

This month you can buy folk art Christmas gifts at the museum's small shop. The museum is in Building D at Fort Mason, Laguna Street and Marina Boulevard. Hours are noon to 5 Wednesday through Sunday. There's free adjacent parking.

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SUSAN BIDDLE

Steep run at Ashcroft Touring Center is among 30 miles of graded and set trails

Miles of cross-country skiing in and around Aspen

Spectacular scenery in the Aspen area is reason enough to draw flocks of nordic skiers, but there's another element just as attractive—the fluffy, dry snow. In the dry mountain air, snow holds its character, so those using waxed skis usually don't have to rewax often to contend with rapidly changing conditions.

As nordic skiing has grown in popularity here, more new areas have opened up with groomed and set tracks; some are centers where you pay a trail-use fee, others are short free courses in and around town. The higher courses often stay open into late April.

Ashcroft: 30 miles, novice to expert

The biggest is Ashcroft Touring Center, south of town off State Highway 82 and 12 miles up Castle Creek Valley Road. For $6.50, you can ski over 30 miles of set trails rated for beginner, intermediate, and advanced. Some trails take you past the ruins of an old silver town. (If you'd like to overnight in huts, see the article starting on page 56.)

You can rent all equipment at Ashcroft for $7.50 per day; a 2½-hour group lesson costs $15. At the ski-in Pine Creek Cookhouse, you can buy a hot lunch. Trails are open 9 to 4 daily. A free shuttle bus leaves Rubey Park in Aspen daily at 9:15 and leaves Ashcroft at 4. For more information, call Ashcroft at (303) 925-1971.

In town: shorter, easy courses

Several places in town have easy (and free) groomed tracks where you can warm up your ski legs. At the Aspen Municipal Golf Course, on State 82 at Cemetery Lane just west of town, you can ski over the smooth hills of its 150 acres following a 2-mile set course flat enough to earn a beginner rating. Park by the pro shop (no equipment rentals here). At the highway's east end, you can park where the plow stops, then ski 4 miles up Independence Pass to Lincoln Creek Road and open meadows.

Two short bike paths with set tracks take off from Castle Creek Bridge at the west end of town; one heads south along Maroon Creek Road and winds about 1¼ miles along residential areas to Iselin Park. The second strikes west, paralleling the highway to the airport business center about 2½ miles away.

Another trail that serves as a ski course connects the Buttermilk Mountain area, 2 miles west of Aspen off State 82, with Snowmass Village. This 8-mile trail isn't groomed, but it's well traveled so a clear trail is often broken. It has a slight elevation gain, climbing into winter-bare aspen groves. Free shuttles frequently connect the two areas, so you can park at one and bus back to your car.

Guides and rentals

For guided trips or nordic equipment rentals, call or write to Fothergill's Outdoor Sportsman, 534 E. Cooper Avenue, (303) 925-3288; Hub of Aspen, 315 E. Hyman Avenue, (303) 925-7970; or Ute Mountaineer, 308 S. Mill Street, (303) 925-2849. (All have zip code 81611.) □

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Offbeat Christmas shopping at northern California flea markets

Van becomes gallery for weekend-long display of framed floral prints at Marin City market

JERRY FREDR

Brass brightens jumble of wares arrayed on blankets and tables at Alameda

Castoff playpens and attic-smelling overcoats may be your picture of flea-market merchandise if you've never visited a really thriving "flea." But some of northern California's larger flea markets are sufficiently well established to attract dealers with interesting stock—and the surprising array they vend off car hoods and blankets could tempt you into some offbeat Christmas shopping on a mild December weekend.

On a recent excursion to a single flea market, we saw (amid the ubiquitous "junque") new, used, and antique furniture, tools, toys, and jewelry; sports equipment (skateboards to fly rods); old books (including children's); graphics (rock posters to hand-tinted Italian architectural prints); plants and baskets; collectors' items of many sorts (anyone on your list who loves old campaign buttons?); leatherwork, ceramics, and other crafts; South American weavings and woolens, African trade beads, Chinese lacquerware; musical instruments; talking birds; flats of eggs; and, inevitably, free kittens.

Her find's a hat for all weather. Guatemalan alpaca, it cost $12

You need a little serendipity and some good weather, so start early in the month. Arrive early in the day, before the real buys are gone. Many shoppers are very knowledgeable, so the bargains don't stay undiscovered long. Rely on your own eye, and buy what you can judge for yours on the spot; there are usually no guara tees and no returns, though sometim you can test appliances on the premise What do you get? You can find very go prices (wholesale level or lower), thou there are some attic-cleaners with inflat notions about the value of Grandma's f ger bowls. You get the satisfaction, oft of buying a one-of-a-kind item direc from the person who made it. And best all, you sally forth in a colorfully unp dictable scene of human transaction— experience very different from Decemb shopping in a department store.

Here are some large, well-established f markets (listed alphabetically) that open year-round on a weekly basis. Fo and rest rooms are available at all.

Alameda Penny Market, 791 Thau Way (Island Auto Drive-In), Alameda; (415) 522-7206. Open Saturday and Sunday 7 t 4:30. Shopper admission is 40 cents; parking is free. Antiques, clothing, collectors' items (silver, dolls, etc.), secondhand miscellany.

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Ceres Flea Market, 1651 Whitmore Aven (at Ceres Drive-In), Ceres; (209) 537-33 Open 6 to 4 Sunday. Admission is $1 per car. New merchandise at factory-outlet prices, antiques, crafts.

Cherry Swap Meet, 4640 S. Cherry Aven (off U.S. 99), Fresno; (209) 266-9856. Open Saturday, Sunday, and Tuesday fro 6:30 to midafternoon, any weather (but December's may be chilly). Walk-in cost 50 cents. Antiques, produce, tapes and ta recorders, new goods. Also a poultry auction Saturday morning at 10 (rabbits and guinea pigs, too).

Denio's Roseville Farmers Market and Auction, 98 Atkinson Street, Roseville; (916) 782-2704. Saturday and Sunday 6: to 6, rain or shine. Second largest after S Jose. Produce, crafts (especially Novemb and December), collectibles, dried fruits and nuts, imported cheeses, cowboy hats and boots, some specialties. Saturdays, there are livestock and poultry auctions. Parking costs 50 cents.

Galt Flea Market, Walnut and Caroline streets, Galt; (209) 745-2437. Open Wednesday from 6 to 5, weather permitting. Free. New and used goods, crafts, ceramics, cosmetics, produce.

Marin City Flea Market, Drake and Donohue streets, Marin City (just north Sausalito off U.S. 101); (415) 332-1441. Open Saturday and Sunday, weather permitting, from 5 to 5. Parking lots at varying prices, some free parking. You'll find attractive imports, antiques, crafts. Unpaved market area can be messy after rain. This market may lose its site next spring—another reason to visit now.

Napa-Vallejo Flea Market, 303 Kelly Ro Vallejo; (707) 226-8862. Open Sunday from 6 to late afternoon. Antiques, secondhand items, some new merchandis

San Jose Flea Market, 12000 Berryessa Road, San Jose; (408) 289-1550. Saturd and Sunday 7:30 to 7, rain or shine. Hug come early. Parking fee is $1 per car. You'll find everything from auto parts to antiques; imports (many Mexican); secon and new merchandise; tremendous variet of produce; leather goods. Look for gift wrap and ornaments in December.

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Family-style breakfast precedes start of Rock Creek Winter Lodge's three-day hut tour package

Wall tent is nestled in Idaho's Salmon River Mountains

SUSAN BID

Snowbound cabin at Crooked Creek Ranch is one of four shelters along Tenth Mountain Division Trail in Colorado

Ski hut systems in the West and up in Canada

Hut-to-hut skiing, as we report on page 74, has taken hold in four Western states and in two Canadian provinces. The 10 hut systems listed below will be operating this winter. Participants should have some familiarity with cross-country skiing; a few trips are for experienced skiers only. Make reservations soon, especially for guided trips.

CALIFORNIA

Alpine Adventures, Bill Rose, Box 283, Markleeville 96120; (916) 694-2466. Located in Hope Valley, 25 miles south of Lake Tahoe, this small ski-touring guide service offers tours to four huts (one tepee,three rustic cabins).

Five-day guided trips (leaving Monday morning, returning Friday) cover 22-mile loop; cost of $250 per person includes guide, ski instruction, food. Weekend package ($55) includes one night in hut, food, instruction. Unguided trips possible. Equipment rentals are available.

Rock Creek Winter Lodge, Mark Williams, Route 1, Box 5, Mammoth Lakes 93546; (714) 935-4464. Thirty-four miles northwest of Bishop, Rock Creek has 14 cabins, a lodge, sauna, dining room; three wood-and-canvas "star domes" (each sleeps up to eight) are spotted along a 15-mile loop trail from the main lodge. Ski rentals and snowcat rides to lodge from parking area are available.

Guided and unguided trips to huts range from one to five nights. For guided trips with meals, costs run from $50 to $65 per person a night; without meals, $42 to $48 (skiers bring own food); self-guided, for experienced skiers only, $18 to $25. Special rates for self-guided midweek trips. A three-night guided trip is offered once a month through March; cost of $140 per person covers guide, lodging, food, and instruction.

COLORADO

Alfred A. Braun Hut System, U.S. Ski Educational Foundation, 702 W. Main St., Aspen 81611; (303) 925-7162. Twelve miles south of Aspen near the ghost town of Ashcroft, this six-hut chain links permanent structures stocked with mattresses, stoves and cookware, fireplaces and wood; water in nearby streams. On unguided trips, you bring ski equipment, food, packs, sleeping gear. Huts sleep up to eight (minimum of four); $5 per person a night. Group rate of $50 for 18-person cabin is available.

To arrange a guided trip to the huts, call or write to Ashcroft Touring, Box 1572, Aspen 81611; (303) 925-1971.

Tenth Mountain Division Trail Hut System. For guided trips, call or write to Buck Elliot, Crooked Creek Ski Touring, Box 3142, Vail 81658; (303) 949-5682. Two 15-person cabins are sited on first leg of proposed 55-mile trail from Aspen to Vail. On this high mountain trail (named for the World War II Army division that trained nearby), guided trips include a five-day, four-night tour: two nights in log cabins, two nights at nordic ski centers. Cost of $250 per person includes lodging, meals, guides, and ski instruction. Skiers must bring pack, sleeping gear, clothing; ski rentals available.

Unguided trips to log cabins cost $9 per person a night; for details and reservation call or write to Alfred A. Braun Hut System (address listed above).

IDAHO

Sun Valley Trekking, Robert and Hellè Jonas, Box 734, Sun Valley 83353; (208) 726-9595. This outfit (formerly Joe Leonard Hut Tours) leads one-, two-, and three-day guided trips to two large yurts (one with hot tub) in the Sawtooth Mountains of central Idaho. Trips origin in Sun Valley; best access through Boise.

Day tour cost is $50. Two-day tours (eve Thursday and Friday from December 23 through April 8) cost $150 per person. Three-day tours (every Monday through Wednesday from December 20 to April 6 cost $230. Price includes three meals a d ski equipment, packs, sleeping bags, and transportation to and from trailhead. Tri limited to eight skiers.

Teton Mountain Touring, Kirk Bachman Box 514, Driggs 83422; (208) 354-2768. Guided and unguided trips stop at three yurts along 19-mile trail in Idaho's Big

NEW ZEALAND. WHERE A MOUNTAIN RANGE NAMED THE REMARKABLES IS NOTHING OUT OF THE ORDINARY.

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Nearby Coronet Peak offers some of the hemisphere's best dry powder skiing from July to September. But though The Remarkables are just as special as the name implies, you haven't seen a thing until you've visited lofty Mt. Cook, *Aorangi* (The Cloud Piercer) to the original New Zealanders. Here in Mt. Cook National Park you'll stay at the elegant Hermitage Hotel, one of our best. Incidentally, just because our Southern Alps are high, don't think the prices are, too. Rooms at the Hermitage range from $40 to $75, and are included at no extra charge.

From The Hermitage you can hike a meadow full of wildflowers one morning, helicopter-ski or hike on a living glacier in the afternoon and dance to a lively band that very same evening. And once you've fulfilled your appetite for scenery, tranquility and grandeur, you can travel on to someplace truly special. The rest of New Zealand.

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New Zealand cities are small enough to be friendly, large enough to be interesting, old enough to be impressive and New Zealand enough to be not one bit stuffy. We have serene beaches and roaring rivers where you can take a jet boat ride that will take your breath away. We have underground caves and native culture. And golf courses where all your drives will be scenic ones. And maybe best of all, we have even more of the South Pacific right at our doorstep.

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Hole Mountains.

Two- to five-day guided trips include the following options: on grand tour ($75 per person per night), skier carries only light pack of personal gear, while guide carries extra supplies and food; on cooperative to ($45 per person) group members carry th own provisions. Unguided trip ($15 per person or $60 for hut) is available for advanced skiers only; inquire about restrictions. Nearest airport is at Jackson, Wyoming.

Wilderness River Outfitters and Trail Expeditions, Joe Tonsmiere, Box 871, Salmon 83467; (208) 756-3959. Ski up to two camps, 7 miles apart, each with two large canvas tents (one for sleeping, the other for cooking and eating), along a rid in the Salmon River Mountains. Day tou run from huts into the 200,000-acre Idah Wilderness Area.

Guided trips cost $250 per person for thr days, $400 for five days; prices include food, ski equipment, packs, sleeping gear, and instruction in back-country skiing. Minimum of four people. Closest airports are at Boise and at Butte or Missoula, Montana.

OREGON

Wilderness Trails, Dave and Chris Peters Box 9252, Moscow, Idaho 83843; (208) 882-1955. In the Eagle Cap Wilderness northeastern Oregon, five canvas-wall ten are sited in three locations along a 20-kilometer trail in a high basin of the Wallowa Mountains.

Guide and reservations are required; 12-person limit. Trips cost $95 to $125 per person for two days, $120 to $160 for th days, $315 to $360 for five days; discoun if you carry some food and extra supplie Costs include guide, lodging, ski equipme instruction, and round-trip transporation from the airport at Lewiston, Idaho.

Options include taking gondola ($10 ext to ridgetop for ski down to uppermost hu or a helicopter ride ($75) that drops you high on the ridge for a half-day ski down the top hut.

CANADA

Banff National Park, Superintendent, Bo 900, Banff, Alberta; (403) 762-3324. Go skiing can be done utilizing the park's fo hut string that includes the Bow Hut. T huts, basically uninsulated shells with oi heaters, are for shelter only and do not cooking facilities. Skiers must bring complete snow camping equipment. Wri to the park at the address above for mor information. Advance reservations requi

To secure guides for hut-to-hut trips in t park or in other locations in southern Alberta, call Banff Alpine Guides, Box 1025, Banff; (403) 762-4277.

Ptarmigan Tours, Art Twomey, 160 Higgins St., Kimberley, British Columbi (604) 427-4029. Week-long guided tour depart from lodge deep in the Purcell Mountains of southeastern B.C. to two outlying log cabins. Write for current schedule.

You ski 10 miles into the lodge, then ski out to the log cabins, using them as bas for day treks. Seven-day tours cost $435 person, including lodging, meals, guides instruction, and transportation to and fr trailhead. Rental equipment is available Kimberley, which is located 180 miles n of Spokane.

SUN

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BILL R

It looks like a climbing feat, but you actually walk out onto this knob overlooking San Carlos at Cowles summit

Leisurely hike for San Diego views

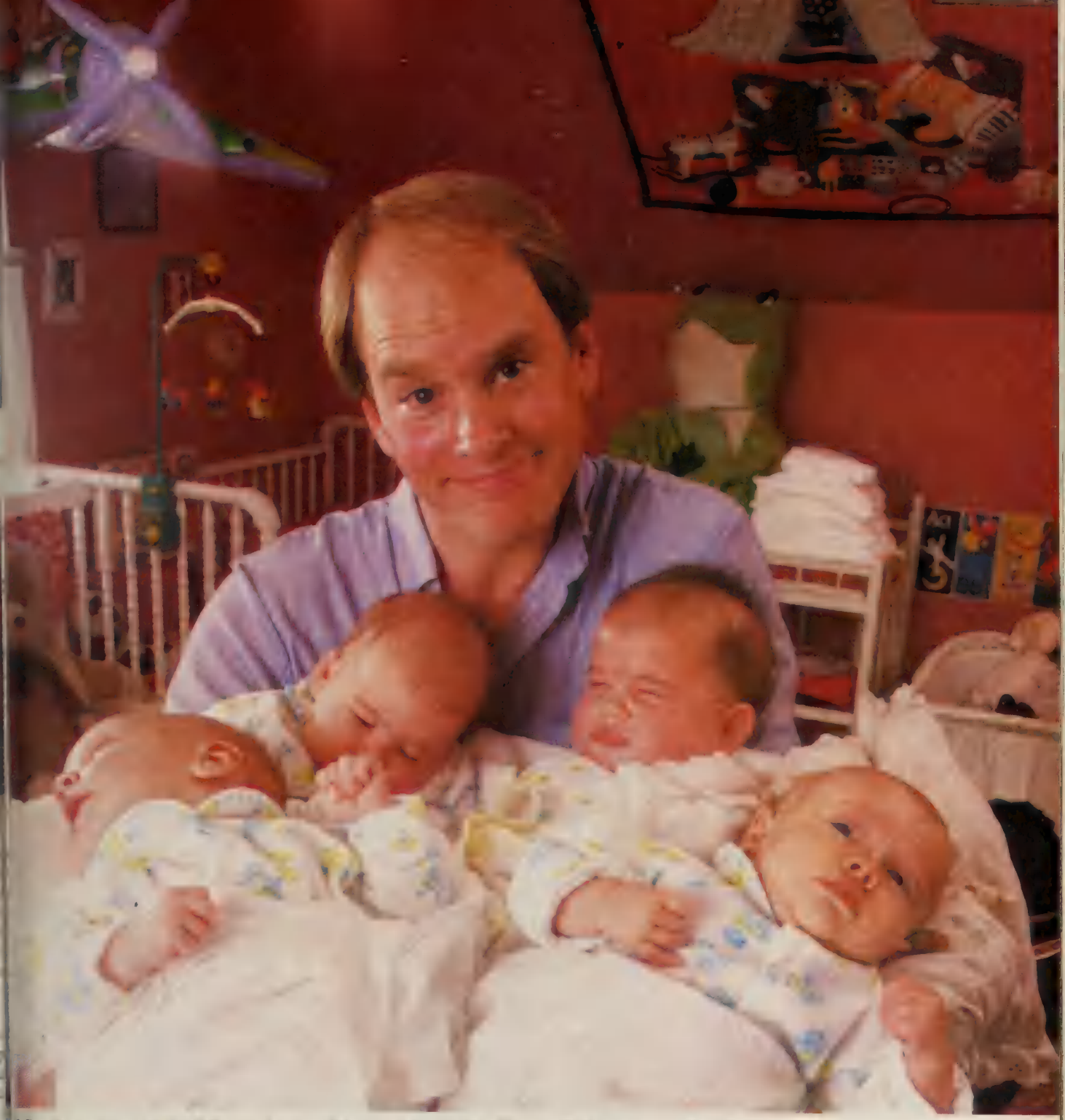
Only 20 minutes north of downtown S Diego, a hike up Cowles Mountain in M sion Trails Park offers panoramic vie above miles of unspoiled coastal sage. T recently constructed and already popu trail, with its gentle grade and ma switchbacks, is a welcome replacement the former route, a rough old path that straight up the mountain and caused se ous erosion.

The trail gains 1,000 feet in 1½ mi through buckwheat, wild cucumber, w bush, lemonberry, and San Diego s flower. From the 1,500-foot summit, y see downtown and the Coronado Bridg the southwest, the Mexican border to he south, the Cuyamaca and Laguna mo tains to the east, and Lakeside to he northeast.

In less than 3 hours, you can hike to he summit and back at a leisurely pa Along the way, several side trails lead overlooks that make good picnic spots.

Since there are no trees to shield you fr the midday sun, early morning and e afternoon are the best times to hike. Be sure to bring a quart of water for ev hiker, since there is no water on the tra

To reach the trailhead, exit the Alvar Canyon Freeway (I-8) at Waring R and travel northeast on Waring thro residential Grantville; go east on Na Road to Golfcrest Drive. Turn north Golfcrest and park immediately on he shoulder of the road. The trail, unsig but clearly visible to your right, be here. Picnic supplies are available shopping center ¼ mile south on Golfc Drive.



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New-size Chevy S-10 Maxi-Cab. Now there's a new-size American-made extended-cab pickup that's big enough for four people and a whole lot roomier than Datsun's extended-cab pickup. The Chevy S-10 Maxi-Cab even offers you more leg room than any *full-size* pickup. Maxi-Cab with standard front bench seat gives you up to 40% more load space behind the seat than Datsu Or you can order the available front bucket sa and fold-up rear jump seats, shown below, a still enjoy more load space.

V6 power that Ford Ranger and the import pickups don't offer. S-10 Maxi-Cab offers S- quality, cab room no other new-size truck ca

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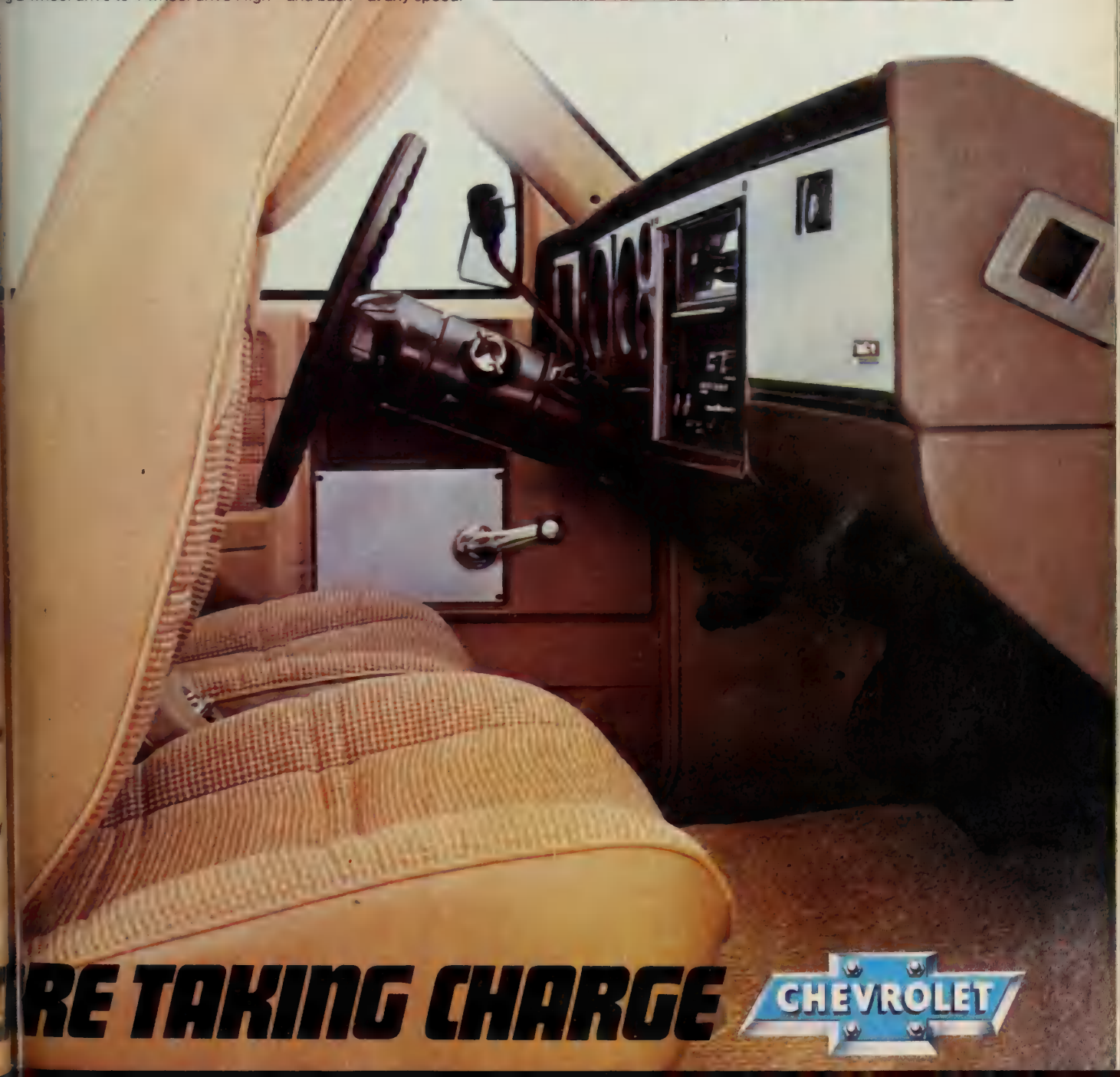
Let's get it together...buckle up.

e in 2- and 4-wheel drive. S-10 Maxi-Cab 4X4 (shown right) with onary new Insta-Trac 4-wheel drive system, standard on all 4 models. The first 4X4 system that lets you shift from free- g 2-wheel drive to 4-wheel drive High—and back—at any speed.



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Like your car's odometer, which me sures miles by calibrating tire revolutio a pedometer measures foot-traveled mi by the number of steps you take. You j find out how long your own stride is, the instrument accordingly, clip it to yo belt or waistband, and start walking.

We recently tested four kinds of m priced pedometers (around $15). Ove 1-mile track, each was accurate to wit a tenth of a mile. But if we changed str by climbing or descending steeply, had to adjust the pedometer: to comp sate for steep or rocky terrain, set stride length down a notch (this tra lates to about 4 to 6 inches).

What is your stride length? Land surv ors determine stride length or "pace" stepping off—in consistently ste strides—a 100-foot or 100-meter meas ing tape, counting the number of ste and dividing the distance by that numb You can do the same, using a 25- or foot carpenter's tape measure. Or might want to do your stride test a nearby high school football field or tra If you know the length of your prope line, you can walk, jog, or run along Stride should be determined by averag the results of several tests.

SUN

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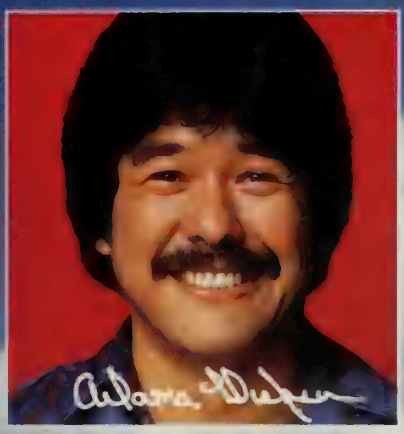

United flight attendant, Ailama Dickson

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Guests greet hoste with "Mele Kalikimaka" (Merry Christmas They also bring leis and a dish for the dinner buff

Christmas ea out celeb ethnic va of the g now in the Is in the Is

DARROW M WATT

An Aloha Christmas

Festive holiday ideas from Hawaii. First join us for Christmas dinner. It's a shared feast . . . Oriental, Portuguese, Hawaiian. It's relaxed. It's beautiful.

Scouting in Hawaii last winter, a team of *Sunset* editors discovered some delightfully different ways the Islanders celebrate the Christmas season. With their easygoing mix of Oriental, Polynesian, and European cultures and traditions, Hawaiians have many fresh ideas to share with Mainlanders.

After visiting with families and craftspeople, we borrowed and adapted some Hawaiian holiday decorations we thought *Sunset* readers would especially enjoy. The colorful paper lanterns brightly beckoning visitors to holiday homes are Filipino in origin; to make one for your own home, see page 72. A purely native Island tradition is the *anela*; you can make some from whatever plant materials you happen to have in your garden, as we show on page 70.

On these four pages, we present a fresh approach to that traditional heart of the holiday, Christmas dinner. This sha feast is a colorful buffet. It's eclectic; creative. But it's relaxed. And it ge awakens the palate, Hawaiian-style.

At many Island homes, Christmas din is a cooperative effort, with guests bri ing ethnic or family specialities for a to share. The result can be a multicult feast like this one, which we joined year. You might borrow all or part of meal to try with your own family.

***Sip Japanese miso soup** and nibble Chinese shrimp bonnets (ha gow) in walk-around first course*

***Lift off crackling skin** to eat with pork. Long rich noodles, originally from China, have been adopted by the Islanders*

Hawaiian Christmas Dinner

Japanese Miso Soup
Chinese Shrimp Bonnets with Soy Mustard for Dipping
Filipino Pork Roast with Crackling Skin
Guava-glazed Island Yams and Bananas
Japanese Pickled Vegetables
Kim Chee Poi
Portuguese Greens
Chicken and Long Rice
Sweet Bread Butter
Fruits with Haupia Cake
Hawaiian Dry Pineapple Wine or Dry Chenin Blanc
Tropical Fruit Juices

For a walk-around first course, offer a simple soup of miso (fermented soy bean paste) to sip with purchased or homemade Chinese dim sum such as shrimp bonnets *(ha gow)* or pork dumplings *(siu mai)*.

Star attraction is the garlic-sauced pork roast with crispy skin; you should order ahead and specify a leg with skin on. Accompany with yams and, if desired, the chicken and long rice dish.

Condiments might include purchased Japanese pickled vegetables such as daikon *(takuwan)*, lotus root, Korean kim chee, pickled Maui onions or scallions, and poi.

Make Portuguese sweet bread (page 104 of the April 1980 *Sunset*) or purchase it.

Sliced pineapple, papaya, and oranges make a pleasing complement to the coconut cake (recipe on page 148).

You'll find most ingredients for this menu in supermarkets or Oriental stores.

Japanese Miso Soup

Make about 2½ quarts Japanese basic soup stock using **dashi-no-moto bags** and **water** according to package directions. (If unavailable, use regular-strength chicken broth.) Stir in ½ cup **white fermented soy bean paste** (*shiro miso*) and ½ pound drained **tofu,** cut into strips about 1 inch long and ½ inch wide and thick. Bring to boiling. Garnish with ¼ cup **green onion** cut into 1-inch-long julienne strips. Serves 12.—*M.M., Honolulu.*

Filipino Pork Roast with Crackling Skin

Place 2 or 3 stalks **fresh lemon grass,** *each* about 10 inches long (or yellow layer pared from peel of 1 large lemon) in the center of an 11½- by 17-inch shallow roasting pan. Set a 12- to 16-pound **bone-in whole leg of pork,** with skin up, on the lemon grass. Roast, uncovered, in a 400° oven for 20 minutes, then reduce temperature to 325° and continue roasting, basting occasionally with rendered fat. Ladle fat from pan as needed to minimize splattering. Allow 22 to 26 minutes per pound or until a thermometer inserted in the thickest part registers 170°, 4½ to 6 hours.

Concurrently, peel and mince 1 to 2 large heads of **garlic** (15 to 30 cloves). Also finely chop 1 small **onion.** In a 2- to 3-quart noncorrosive pan, combine garlic, onion, and ½ cup **cider vinegar;** cover pan tightly and simmer until onion is very soft, about 15 minutes. Set aside.

When roast is done, lift meat from pan to serving platter; keep warm. Stir free browned bits in roast pan; pour pan juic into measuring cup. Skim off excess fa then add **water,** if needed, to make 2 cup Add to garlic mixture. Bring to boilin Mix together 3 tablespoons **cornstar** and ¼ cup **water.** Add to garlic mixtu cook, stirring, until sauce boils. Add s and **pepper** to taste. Pour into dish.

To serve pork, lift off crisp skin and bre into bite-size pieces. Slice meat and ser skin alongside. Offer garlic sauce w meat. Makes 20 to 28 servings.—*L. Kailua, Hawaii.*

Guava-glazed Island Yams and Banan

Peel 2 to 3 large cooked **yams** or sw potatoes. Cut crosswise into ½-inch-thi slices. Peel 4 or 5 small **green-tipped b nanas.** Cut in half crosswise and leng wise to make quarters. In a shallow, b tered 3-quart casserole, overlap yam sli down the center; set bananas alongsid

In a small pan (about 1 qt.), combine 3 tablespoons *each* **guava jelly** and **butter** margarine. Stir over low heat until me ed. Spoon evenly over yams and banan Bake, uncovered, in a 400° oven until h about 20 minutes. Serves 10 to 12.

Portuguese Greens

Cut stems from 3 pounds washed Sw chard; thinly slice stems and lea separately.

In a 5- to 6-quart pan, stir chard stems 3 large **onions** (thinly sliced), and 3 la **carrots** (peeled and shredded) in ¼ c **salad oil** over medium heat until lig browned. Add half the chard leaves, s ring until wilted; add remaining gre

DARROW M. WATT

***Dessert course** combines tropical fruits, fresh fruit juices, and Hawaiian haupia cake topped with coconut*

ıd ½ cup **water.** Stirring often, cook ıtil greens are barely tender, about 5 inutes. Add **salt** to taste. Serves 12.

hinese Chicken with Long Rice

emove skin and bones from 3 pounds **ıicken breasts**. Cut meat into strips ›out ½ inch thick and 3 inches long. Mix ıicken with 2 tablespoons **soy sauce**, 1 blespoon **sesame oil** or salad oil, 2 table-oons minced **fresh ginger**, 3 cloves **garlic** ›ressed or minced), 1½ teaspoons **sugar**, ıd ⅛ teaspoon **pepper**. Cover and chill 15 inutes to 1 hour.

over 2 ounces (16 to 24 small) **dried riental mushrooms** with hot **water**; let and until soft, about 20 minutes. Cut off ıd discard stems. Reserve 3 or 4 mush-oms for garnish; cut the rest into thin vers. Cut 12 whole **green onions** into 2-ch lengths. Set mushrooms and onions ide. In a 5- to 6-quart pan, bring 3 to 4 ıarts **water** to boiling; remove from heat. dd 10 ounces **dried bean threads** (these ›odles are also called long rice). Let ınd until soft, about 3 minutes. Drain.

ace a 5- to 6-quart pan over high heat. hen pan is hot, add 2 tablespoons **salad** and the marinated chicken. Cook, stir-ıg, just until meat turns white on sur-ce, about 2 minutes. Reduce heat to low d add mushrooms, green onion, bean reads, ½ cup **regular-strength chicken oth**, and ¼ cup **soy sauce**. Cover and nmer, stirring occasionally, until hot, out 3 minutes. Garnish with reserved ıshrooms and **fresh coriander sprigs** (ci-ıtro). Offer more **soy sauce** at the table. rves 12.—*A.P., Honolulu.* □

Start with Japanese soup, then on to Filipino pork, Chinese rice. Dessert is fruit, coconut cake, hula

***As a finale**, dancer entertains holiday gathering with a hula*

GLENN CHRISTIANSEN

Gracefully curving *eucalyptu leaves and dried grasses form this anela, shown actual size*

Four more *Hawaii-inspired angels, from left to right:*

Wings and vest of bay leaves set off culinary combination cornhusk arms, skirt of rosemary, sage, thyme, red peppercorns.

Hat of maidenhair and magnolia petals crowns feathery cedar wings, iris arm and vest, skirt of pine needle and maidenhair fern.

Eucalyptus wings point abov hood and vest of iris leaves, cornhusk arms, skirt of tea tree, lavender blossoms, and nut grass.

Wispy wings of palm flower branchlets and thistle top iri arms, skirt and hat of maple seed pods, skirt band of eucalyptus

From your garden, a Hawaiian angel

Easy to make with prunings, dried leaves, grasses. For your tree or door. You choose the size

Trash is trash," says Hawaiian crafts eacher John "Koko" Willis, dipping into box filled with garden debris that looks eady for the compost heap. "But put it ogether over a stick form, and you have a eautiful *anela*."

In a shade-dappled beach in Kailua last Christmas, we watched him make anelas Hawaiian English for angels) of fresh nd dried leaves, pods, and grasses. As a raft, anela making is fairly new: craftsepple in the Honolulu Parks and Recreaon Department developed it about 10 ears ago ("in search of the perfect room," one told us). The idea caught on: e saw anelas gracing front doors, walls, nd tops of Christmas trees throughout e Islands.

lthough many of Koko Willis's anelas ake use of Hawaii's abundant tropical liage, we've adapted the idea to materis you might find near where you live: agnolia petals, pine needles, weeds. on't overlook dead leaves removed from ouse plants as you groom them (palm nd maidenhair fern work well), or inches of fresh herbs.

he anelas on the opposite page suggest me combinations to use, but let your agination take over. "Every anela has own personality," Koko says, "dependg on the material you use."

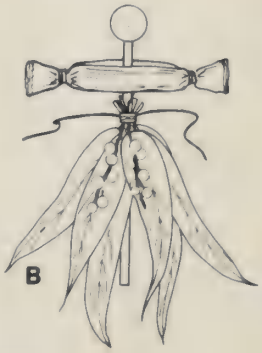
r each anela, you'll need two wood or mboo chopsticks (sold in grocery or port stores) or ⅛-inch dowels (one out 8 inches long for the body, one 5 or inches long for arms), natural-colored ffia from a hobby shop, a round wooden awer pull about 1⅛ inch in diameter rom a hardware store), and white glue. cover the arms, use wide strappy ves such as iris or cornhusks.

make dried greens pliable for wrapng, soak them for 10 minutes in hot ter. Glue the knob on top of one chopck or the longer dowel; you may have to arpen the dowel tip to fit into the knob le. Allow to dry (about 30 minutes).

oss the other chopstick or shorter dowel over the first; apply a little glue at the joint, then wrap raffia several times crosswise around the joint, as shown in drawing A, and tie tightly in back.

For the skirt, tie a bunch of greens or dried materials to the stick with raffia. Wrap arms with wide leaves; tie ends with raffia. Wrap cornhusk, iris, eucalyptus, or other wide leaves over the arms so they overlap in front and back to form a vest. Secure with raffia. Tie a raffia loop for hanging to the back of the waist piece. □

A



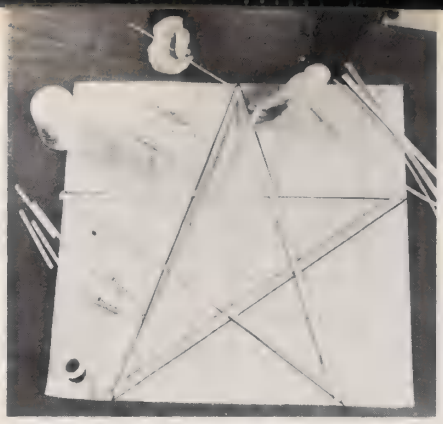
B

***In Kailua,** on windward Oahu, crafts teacher Koko Willis displays two of his creations: anela of fresh ti leaves (right) and anela of palm leaves over corn husks and grasses. Craft started on Oahu, now is found throughout the Islands*

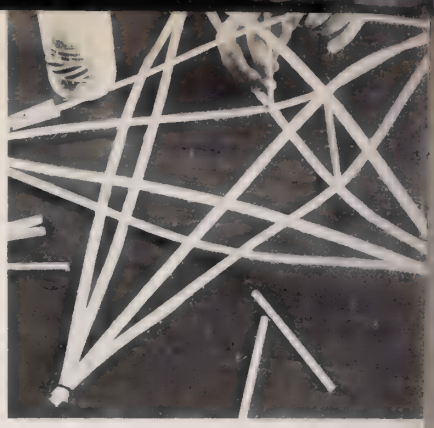
DARROW M. WATT

DARROW M. WATT

***Traditional Filipino lantern**, the one shown on our cover, gets finishing touches from its maker, Ludy Solheim of Hawaii*



1 · *Assemble each side of star over pattern. Glue tips and joints of each side, then glue and wire tips together*



2 · *Gently ease star sides apart. Dip dowel ends in white glue and fasten between sides at the five inside joints*

Symbolic of the Star of Bethlehem, these paper lanterns—called *paroles*—light windows and doorways throughout Hawaii's Filipino communities each December. Filled with tiny candles and mounted on wooden poles, they also cast their soft glow along the way to church for *misa de gallo*, the Christmas Eve midnight mass.

Traditionally, paroles are five-pointed stars like the fringed and tasseled one on our cover and the one you see above at left. We've adapted the idea, to make the simpler and smaller version shown at right. You can make our parole in a few hours; cost is about $18.

Materials. You'll need a bundle of flat, ½-inch-wide basket reeds (or thin balsa wood strips), about $7.50 at hobby shops; a ¼-inch dowel cut into five 5-inch pieces; four 20- by 30-inch sheets of colored tissue paper; white glue and rubber cement; a sharp craft knife or scissors; and a spool of thin wire. At a lighting or hardware store, buy one candelabra socket, a 25-watt bulb to fit, a plug, two plastic wire nuts, and 6 feet or more of cord; have someone at the store show you how to assemble them.

Star assembly. Cut 10 pieces of reed, each 24 inches long; soak them in warm water for 10 minutes to make pliable. Blot the bunch with paper towels and clip ends with clothespins so they won't bend as they dry.

On shelf or butcher paper, draw a five-pointed star scaled so each cross-member is 24 inches long. For the frame of each side of the star, place reed pieces over pattern and glue together as in step 1 above. Wrap a 5-inch piece of wire around each tip to secure joint.

Glue dowel pieces between the two sides of star with white glue, as shown in step 2. Allow glue to dry (about 30 minutes). To hold the light in place, cut a 12½-inch piece of wire, then wrap it around tw dowels inside top star point so that wi ends meet; twist ends together.

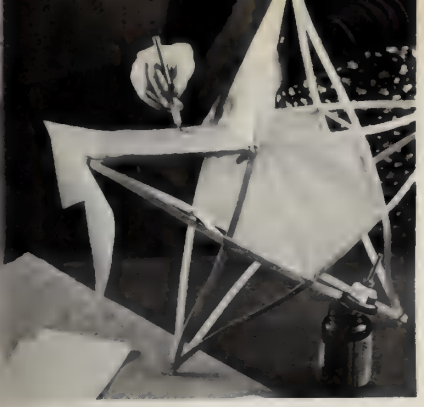
With rubber cement, glue a piece of tiss over the central pentagon in each side the star, gently stretching the tissue ta trim off excess with scissors or craft kni To cover spaces between the star poin fold a sheet of tissue paper in half lengt wise and cut five 6-inch strips. Starting t the left of the top point, center the fo against dowel, then adhere tissue edges frame with rubber cement; trim off exc paper, as shown in step 3. Repeat arou other star points, but leave right side f top point open. Adhere tissue triangles fronts and backs of star points.

Finishing touches. To decorate star, c out fringe and tassels or make a snowfla center of contrasting colored tissue shown at upper right. Glue to star w rubber cement or spray adhesive.

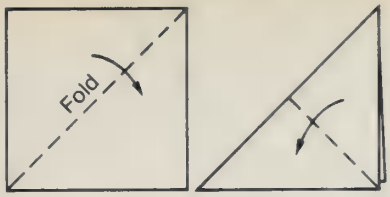
Adding the light. Assemble socket, co plug, and light bulb. Slip bulb throu open triangle in top star point; unra wire, then wrap and tie it around li cord. Extend plug end of cord out top star point and secure it to the top po with another piece of wire.

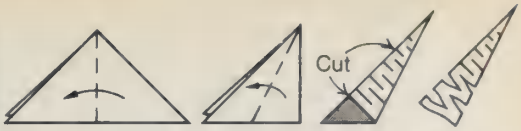
From Hawaii and before that the Philippines. Indoors or out, fringy or not, big or small

Paper star glows Christmas

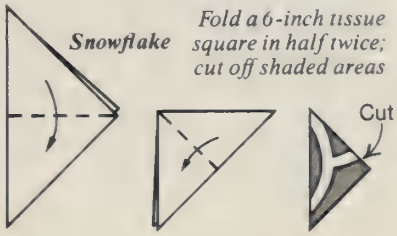


3 • *Glue tissue strips over star points, leaving top right open for light. Trim with craft knife*

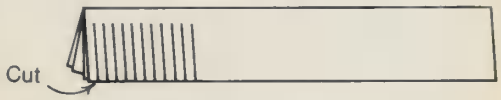




Tassels *Fold a 21-inch square of tissue in half diagonally, then in half again. Make two more folds. Cut off excess; mark and make alternating cuts as shown*



Snowflake *Fold a 6-inch tissue square in half twice; cut off shaded areas*



Fringe *Fold a double thickness of tissue 4 inches wide in half lengthwise. Make cuts ½ inch apart*

Glowing softly in darkened room, *snowflake-embellished Filipino stars from Hawaii add festive light above holiday dessert buffet*

***High on Colorado's** new Tenth Mountain Division Trail hut system, skiers can spend the night at lodge of Diamond J Ranch*

***Mile-per-hour pace** is average speed for pack-bearing skiers; later they'll drop off packs at hut for lighter touring*

***Snug in their yurt,** guide and client take a coffee break. Originally designed by Mongolian nomads, the yurt makes an ideal winter shelter: it sheds snow, sleeps six to eight persons, and is easily warmed and lit. This is one of three yurts used by Teton Mountain Touring on their hut-skiing tours. Its conical roof (canvas over lodgepole pine frame) is topped by a plexiglass skylight. Plank floor adds to the comfort*

BILL ROSS

Hut to hut (or yurt to yurt), new adventures for skiers

***Ten ski hut systems** are sited in four Western states and two Canadian provinces*

he glowing yellow yurt sits burrowed in he snow, 6 miles up a canyon in southastern Idaho's Big Hole Mountains. Inide, six skiers are pulling on their down ooties, hanging up damp clothes, stoking wood stove, and preparing a meal of hot oup, homemade bread, filet mignon, and nulled wine.

'hey've skied all day to get here; tomorow, after a morning lesson in telemark kiing from their guide, they'll pack up nd ski to another yurt 4 miles away. So it ill go the next day. Then on the fourth nd last day—they'll ski out of the back ountry, bound for home.

his is hut-to-hut skiing, Western-style. n California, Colorado, Idaho, Oregon, nd Western Canada, intermediate to adanced cross-country skiers now have the hance to ski along 10 hut systems roups of rustic huts or shelters placed ithin a day's journey of each other in ountainous environments. Most require uides who lead the multiday trips, supply nd cook food, provide ski equipment, ve skiing and winter camping instrucon. (Some hut systems without guides e available at modest cost.)

he huts come in all forms: yurts, domes, all tents, even a few A-frame and log bins. Most are outfitted with wood oves, firewood, lanterns, cookware, eeping pads, and staples. Most are in mote areas that are either in or borderg on designated wilderness areas, unammelled by tourists or development.

n page 56, we detail each of the 10 hut stems.

ut skiing: the tradition heads West

n estimated 2,500 ski huts exist in cenal Europe and Scandinavia. In America, ts in the Adirondack and Appalachian ountains have long been maintained by lunteer clubs. And several membersly hut systems, like the Sierra Club's lge and four cabins near California's onner Pass, have been built in the Sierra evada and the Rockies.

But for the most part, hut skiing is just catching on in the West. This past summer in Colorado, the West's newest hut system—along a high mountain trail between the alpine ski centers of Aspen and Vail—became a reality when two of four proposed log cabin huts were built with funds provided by former Secretary of Defense Robert McNamara in memory of his wife.

Elsewhere, with the cooperation of the U.S. Forest Service, most of the hut systems listed were built in the last five years—a time when many cross-country skiers began skiing off groomed trails and into the untracked back country.

The nordic ski industry responded by developing a full array of equipment (skis, boots, poles) and clothing designed for back-country skiing. Still, without the huts, skiers had to camp in the snow or ski out before nightfall.

Ski huts, especially ones linked by trail to other huts, eliminate some problems associated with snow camping: they're roomier and warmer than snow tents; they're stocked with essentials (so ski packs are lighter and less bothersome to wear); and they provide an important psychological comfort: a warm, homey destination.

"The wonderful thing about huts," says Idaho hutmaster Joe Tonsmiere, "is that we get people who never thought they could spend a few nights out in the winter. The huts let them forget their biggest fear: how to stay warm and dry."

Safety is the watchword on all trips. The relatively short distances between huts (3 to 5 miles is average) minimizes the threats of fatigue and hypothermia. But—as in all back-country travel—flexibility in the face of the unexpected is essential: having the patience, for example, to wait out a snowstorm in the warmth of your hut.

Trip particulars: cost, gear, meals

Reservations are a must for all hut system trips, guided or unguided. Some require nonrefundable deposits.

Guided trips range from $35 to $80 per person per day, depending on trip length and your willingness to carry some food and supplies. (Generally, the longer the trip and the more you shoulder, the lower the per diem cost.) Guided trips usually have a minimum of four skiers.

Unguided hut trips are less expensive (from free to $25 per person per day), but they are recommended for experienced skiers only. Banff National Park in Alberta, for instance, requires unguided ski parties using its hut to be fully prepared for snow camping as extra insurance. The Colorado huts, on the other hand, are well stocked and easily reached, so the requirements are less stringent. Some unguided hut systems require that you ski the route at least once with a guide.

All hut systems require that you bring sufficiently warm winter clothing. Before you leave home, check with your guide to determine what you're required to bring. Guides will furnish packs, sleeping gear, food, and ski equipment (some give discounts if you bring your own). Expect to use one of the new breeds of back-country skis with metal edges; they're slightly wider and heavier than light nordic touring skis. Depending on terrain and conditions, some guides provide avalanche beacons or "beepers" and give avalanche training en route.

Skiing with a pack can seem awkward to the uninitiated, but most learn quickly. Loads rarely weigh more than 25 to 30 pounds. (Several guides request that beginning skiers arrive two days before the trip leaves to receive ski lessons and to get used to skiing with a pack.)

The food on guided trips has been described as "gourmet simple." One group, for example, features coq au vin with "taters." Another serves homebred pork and homemade bread. High emphasis is placed on staying well fed, since energy can be quickly drained while skiing in the cold climates where the huts are nestled. □

1 • *Drill clamped-together pieces of cook book rack all at once, with scrap block on bottom, to ensure holes are aligned*

2 • *Slide dowels through screwed-together end plates. Note position of screw head just inside and below guide hole—a screw should be set near each dowel bore*

Book rack. Record rack. Saw and dri

Dowels form adjustable tracks for these book, letter, and record racks. The only differences between the four are the number and size of the dowels, and the size and material of the sliding supports.

All you'll need is a saw and a drill; if you have the wood and acrylic precut where you buy them, you'll need only the drill. If you plan to cut the acrylic yourself, use a fine plywood blade on your power saw. Correct blades are available where you buy the acrylic; look in the telephone book under Plastics.

We provide specific lengths for the dowels, but you can adjust the length to fit whatever you want to rack up.

The drilling is critical; if the holes aren't straight or don't line up, the supports will not slide smoothly along the dowels. On each of these projects, we clamped all the support pieces together and drilled them as one unit to ensure uniformity of the bores. To make sure the holes are straight, use a drill press or drill guide. Use the type of bit shown—a paddle bit—to bore through both acrylic and wood.

Leave the protective paper on the acrylic sheets until you have completed all your cuts and bores, then sand the edges with 400-grit sandpaper to clean them up.

We used a penetrating oil finish so that no surface coating would chip off the dowels or hinder their ability to slide. You can also stain the dowels and supports.

Cook book rack

Cooks who have numerous cook books said they would use this rack to keep their reference cook books and current periodicals conveniently close at hand. Maple and acrylic end plates slide on 12-inch-long 1-inch dowels.

End plates are 8-inch-square 3/16-in clear acrylic screwed to 8-inch-long 1-y 3-inch maple. Drill (as shown in the pl tograph above) ¾ inch up and 1½ inch from each end of the blocks. Then, n from each of the acrylic dowel holes, dr 1/16-inch holes through to the maple a set ½-inch number 3 round-head scre to hold the acrylic to the maple. If ther any unnecessary binding, sand the ins of the dowel holes.

Children's book rack

For this rack, drill 1-inch holes 2 inche and 1¼ inches up from corners of 10-i squares of ½-inch birch plywood. To fo the rails, use 1-foot-long 1-inch dow From this point, you can cut any sh you like; we cut the simple truck patt with a saber saw through the clamped-together plates.

3 • *Finished rack is handy, adjustable. Reference cook books of any size stay clean, dry, close at hand*

DAVID STUBBS

***Children's book rack** uses ½-inch birch plywood. Cut any design you like for sides; we traced and saber-sawed a simple truck*

***Desktop organizer** has eight plates of black acrylic spaced over 12 inches of ⅜-inch dowels*

nd slip together

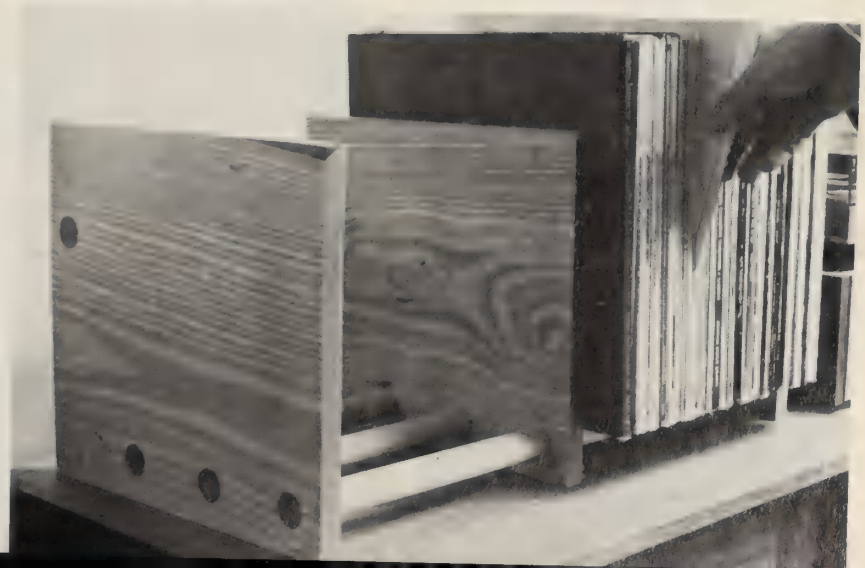
etter rack

rill ⅝-inch holes through eight clamped-gether 5- by 7-inch plates of 3/32-inch paque black acrylic; make your bores 1½ ches in and ¾ inch up from the corners. oot-long ⅝-inch dowels form the rails.

ecord rack

hree 12½-inch-long 1 by 12's form the ates; we used ash, but any hardwood ll do. The four 1-inch dowels are each 2 et long. Along one 12½-inch side, drill inch holes 1¼ inches up and 1¼, 4⅝, d 8¼ inches in from one end, then other hole 1 inch in and 7⅞ inches up om the opposite end. Slide the plates to the dowels. The two end plates are ued and doweled. Using a ⅜-inch bit, ill in from the edges under or behind the wels; glue ⅜-inch dowel pins in the les and saw off the excess. □

***Record rack** supports critical edges of discs; middle panel slides against records to prevent warping. Flush dowels are glued to end plates*



Camellias for Christmas

In the mild West, some kinds bloom right now. They're useful as gifts, in pots, at the front door, indoors for a while. Or just bring in the cut blooms

As if timed for Christmas, many camellias burst forth with flowers in December. In most of the mild-winter West, white, pink, and red camellias can provide an elegant alternative to the poinsettia as a flowering holiday plant—for your home or as a gift.

Natives of the Orient, camellias have found a kindred climate along the Pacific Coast. If you live in this camellia belt (west of the Cascades and the Sierra Nevada, and west of the California desert), you should have no trouble growing them. In these regions, now is the time to buy plants in bloom, and it's the best time to plant them. In other climates, camellias need protection from cold winters or very hot summers, and often they must be replaced every two or three years.

When you buy camellias...

With *Camellia japonica,* bloom time depends mostly on variety (early, midseason, or late blooming), and partly on climate (an early variety that bears October through January in California may not flower until December or January in the Northwest). So the variety you see flowering in the nursery container now should repeat its Yuletide show most years in the same climate. The varieties pictured on the facing page are reliable Christmas bloomers in mild-winter California.

Camellias will cost you about $5 in a gallon can, about $10 to $13 in a 2-gallon can, and $15 to $20 in a 5-gallon can. To find out about rarer varieties and camellia specialty nurseries, write or call the American Camellia Society, Box 1217, Fort Valley, Ga. 31030, (912) 967-2358), or the Southern California Camellia Society, Box 2135, Pasadena 91105, (213) 661-8453 or 684-0122.

A living gift, this red-flowered Camellia japonica variety already blooms profusely in 5-gallon can. Cost: $15 to $20

CHAD SLATTERY

Displaying the whole plant... indoors or outdoors

A camellia grown in a tub, large pot, or other container will draw admiring gazes if you move it near a doorway; add a big ribbon and perhaps Christmas greens for greater impact. Or group several plants and treat them all the same way, as pictured at far right.

You also can move a camellia plant into your home for the holidays; think of it as a living Christmas tree with ornaments already attached. Because camellias in flower are dormant, you can bring them indoors for a brief period with no harm.

Plan to keep the plant indoors no more than about two weeks. If possible, put it in an unheated room and allow it plenty of daylight. You can add a ribbon or greens as with an outdoor plant. If yours are newly purchased plants in nursery cans, you don't need to repot until after Christmas; simply slip them into decorative pots. (See page 114 for suggestions on containers designed for living Christmas trees, but good for camellias as well.)

Some hobbyists grow camellias as bonsai, and have found they make outstanding table centerpieces or can be used as part of larger holiday table arrangements.

How to use camellia flowers to best advantage

With their striking wax-like appearance, most camellia flowers invite close scrutiny. Cut blooms of many varieties will la for days—sometimes as much as a wee Varieties that produce semidouble or dou ble flowers are best for cutting.(Those the free-flowering *Camellia sasanqu* varieties last only a day or two.) Longe lasting are varieties of *C. japonica* and, these, the best have the thickest petal When buying camellias or choosin flowers from among your own plant judge by gently feeling a petal betwe your thumb and forefinger; do this car fully—petals bruise easily.

When you cut, do it above a growth bu (it's thin and cylindrical, not fat like flo er buds) or just above a leaf where there no flower bud. Cut with an inch or two stem, and handle flowers by the ste Collect flowers in a tray or flat box, but to avoid bruising—don't let them tou each other or the edges of the containe

Camellias usually won't open much mo once you cut them, so leave buds a slightly open blooms on the shrub.

Indoors, recut each flower stem under water and let the flower draw up as ma water as it can. Leave the stems in wa overnight in a cool room with no draf Arrange flowers the next day.

Floating a camellia flower in a bowl water is a traditional way to display it, b wet petals will decompose, shortening t life of the cut flower. (It's okay, thou for leaves to be underwater.) Instead, placing the flower on a damp sponge side a large brandy snifter.

Consider including camellia flowers wreaths or other hanging arrangeme place each in a small water-filled t available from florist suppliers and c supply houses.

If you have a sizable camellia plant, can cut flowering branches to use themselves or in arrangements. P branches with many open flowers, treat them as recommended above for flowers. If possible, choose branches t overlap or grow densely; that way, yo be doing some pruning along with flower gathering.

BILL ROSS

***Vibrant flowers** of 'Wildfire' camellia provide Christmas cheer in entry of Marian and Milton Schmidt's Arcadia, California, house. Greens and ribbons dress up three 5-gallon plants in terra cotta pots; the 4-inch flowers are seen almost life-size at left*

***New this year,** 'Que Será Será' sports 5-inch single blooms, may also produce peony-like and semidouble flowers on same plant*

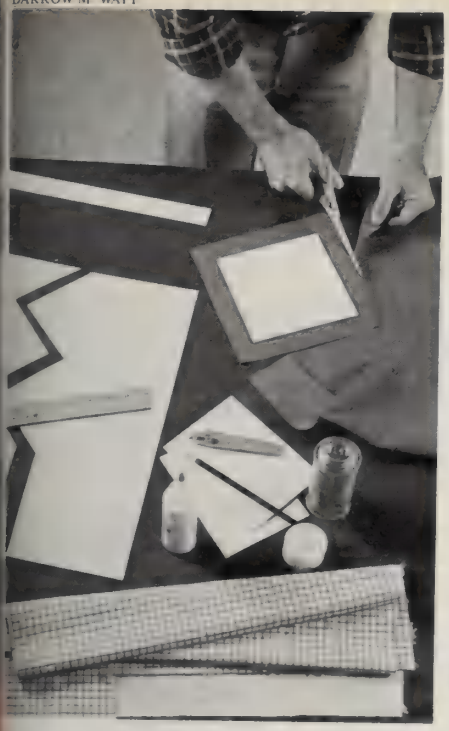
***Erect stamens** on 3-inch flowers with unusual picotee contrasting colors mark 'Tama-No-Ura', recent arrival from Japan*

***Four-inch blossoms** resembling those of magnolias are feature of an old favorite, 'Magnoliaeflora', widely available*

Wrap up your Christmas with these cardboard and fabric houses. Windows and door taped or glued on help to personalize them

Under the tree, a village of packages . . . they're house boxes

DARROW M. WATT



Use a craft knife or mat cutter and straight edge to cut double-weight board. For fabric, leave 1-inch border on sides

***Fold corners of fabric** first to allow mitered folding of sides. Press mat board onto craft glue to hold fabric in place*

***Using masking tape** to hold glued sides; secure with rubber bands. When glue dries, glue roof and weight with a book*

These packages do more than conceal Christmas gifts. As decorations, they add whimsical charm when arranged into a small village at the base of the tree. As boxes, they provide handy storage after the holidays; depending on the size and shape, you can use them to hold letters or bills on a desk, recipe cards in the kitchen, toys in a child's room, or even hand tools in the shop.

Choosing the materials

Before you buy the materials, determine the size of the gift you want to enclose and what future use the box will have. Both will dictate the box's dimensions. Then buy heavy gray mounting board, chip board, or double-weight illustration board and single-weight colored mat board (available from art stores), cotton or cotton-polyester fabric in different colors or patterns, white glue, and spray adhesive. The cost will run from $6 to $8, depending on the box size and fabric. You'll also need a heavy-duty craft knife or mat cutter, scissors, a ruler, rubber bands, masking tape, and pencil.

Assembling the box

For the house walls, measure and draw four rectangles of identical height on the heavy cardboard, draw matching triangular peaks on top of two of the rectangles for gable walls, then cut out all four pieces. Also cut two roof sections; each should be ¾ inch wider than the rectangular house sides and ¾ inch longer than the gable slope.

For the cloth covering, cut four pieces of fabric 1 inch larger on all sides than the boards. To cut fabric for roof, position the pair of roof boards 3/16 inch apart on the fabric, then cut fabric with 1-inch border all around. Erase any pencil marks to make sure they don't show through light-colored fabric.

To adhere fabric to box pieces, lightly coat board and the back side of fabric with spray adhesive (be careful not to saturate), then press glued sides of fabric and board together. Lightly spray a 1-inch border on back of board and wait a few seconds until glue is tacky, then fold in corners and sides of fabric, pulling tightly to smooth out any wrinkles. Glue roof pieces centered on fabric, leaving a 3/16-inch gap between.

For the lining, cut pieces of single-weight mat board 3/16 inch shorter on each side than the double-weight board pieces. Apply white glue to back of each piece and center mat board on back of fabric-covered sections. Weight each with a few books. When dry (1 to 2 hours), glue the sides of the four walls, assemble with masking tape, and secure with rubber bands (remove rubber bands after an hour or two to avoid marks). Be sure corners are square while drying.

After side seams dry, glue one side of roof to house; leave the other side loose to allow access into finished box. Allow glue to dry, then cut a plain piece of the heavy cardboard to fit snugly inside the bottom of box and glue it in place so it adheres to the bottom edge of the mat board lining and the sides of heavy card. □

***Made-to-order box** is 5 inches square, 14 inches high, to hold wine bottle under the tree*

Grandma's got a cooky factor

Experienced grandmothers know how fast cookies disappear during the holidays—youngsters anticipate treats, there are many friends to be remembered, the doorbell rings with unexpected guests you don't want to send away empty-handed.

To cope with demand, many a cook, (grandmother or not) borrows assembly-line techniques to streamline the production of favorite recipes. The outcome: maximum results for minimum effort.

These three recipes fit such a bill. Each recipe makes at least a dozen dozen. One begins as fat logs, bakes, then gets sliced and baked again. Another sandwiches an almond filling between two sheets of dough that are then cut ravioli-style and baked. The last is dough flattened on the pan, baked, then cut.

DARROW M. WAT

Cooky making streamlined: Ropes of dough are baked, sliced, baked again; almond-filled cookies are cut like ravioli; oatmeal strips get shaped, baked, and cut directly on pan

Twice-baked Walnut Cookies

With a heavy spoon beat 4 **eggs** with 1½ cups **sugar** until well blended; stir in ¾ cup (⅜ lb.) melted **butter** or margarine, 2 teaspoons **vanilla,** 1 teaspoon *each* **anise** and **black walnut flavoring,** ½ teaspoon **almond extract,** and 1 cup chopped **walnuts**.

Mix 5 cups **all-purpose flour** with 4½ teaspoons **baking powder.** Gradually stir into the creamed mixture, blending well.

On a floured board, divide dough into 8 equal portions. Roll each into a 14-inch rope. Place ropes about 2 inches apart on greased 12- by 15-inch baking sheets.

Bake in a 325° oven until bottoms of ropes are a pale gold, about 20 minutes. Let cool about 2 minutes on pans, then cut each rope diagonally in ½- to ¾-inch-thick slices.

Tip slices onto cut sides; lay close together on pans. Bake in a 375° oven until lightly toasted, about 15 minutes longer. Cool on pans. Store airtight at room temperature up to 1 month, or freeze. Makes about 12 dozen cookies. —*C. G., Palo Alto, Calif.*

Almond Ravioli Cookies

1½ cups powdered sugar
1 cup (½ lb.) butter or margarine, at room temperature
1 egg
1 teaspoon vanilla
2½ cups all-purpose flour
1 teaspoon *each* soda and cream of tartar
About ⅔ cup (6 oz.) almond paste
About ⅓ cup sliced almonds

Beat together sugar and butter until fluffy. Blend in egg and vanilla. Mix flour with soda and cream of tartar; blend with creamed mixture. Divide dough in half. Wrap and chill until firm, up to 24 hours.

Place 1 portion of dough between 2 pieces of waxed paper (each about 20 inches long) and roll to make a 10- by 15-inch rectangle (if dough becomes too soft, chill until firm). Peel off and discard top paper.

With a pastry wheel or long-bladed knife, lightly mark dough into 1-inch squares. Place a small ball of almond paste (use a scant ¼ teaspoon for each) in the center of each square; chill while rolling top layer.

Repeat rolling procedure for second portion of dough. Peel off and discard the top paper; invert onto almond-topped dough. Peel off and discard paper. Gently press top layer of dough around filling.

Flour a pastry wheel or knife and cut filled dough into 1-inch squares, then run pastry wheel around outer edges to seal (or press with fingers).

Place cookies about 1 inch apart on ungreased 12- by 15-inch baking sheets. Push a sliced almond diagonally into the center of each cooky.

Bake in a 350° oven until golden, 10 to 12 minutes. Cool cookies on wire racks. Store airtight at room temperature up to [illegible] week; freeze for longer storage. Mak[illegible] about 12 dozen.

Crisp Oatmeal Fruit Strips

Beat together until fluffy 1 cup (½ lb[illegible] **butter** or margarine, at room temperatu[illegible] and 1½ cups **sugar;** beat in 1 **egg.** Stir [illegible] cups **all-purpose flour** with 2 teaspoo[illegible] **soda,** then stir into creamed mixture wi[illegible] 2 cups **raisins** (or finely diced pitt[illegible] prunes or dates) and 1¼ cups **rolled oa**[illegible] Mix well.

Divide dough into 15 equal portio[illegible] Place 3 or 4 portions each on ungreas[illegible] 12- by 15-inch baking sheet. Pinch dou[illegible] to shape 8-inch ropes and place at leas[illegible] inches apart. Flatten each rope into a [illegible] inch-wide strip.

Bake in a 350° oven until golden brow[illegible] about 10 minutes. Let cool on pan abou[illegible] minutes, then cut each strip diagona[illegible] into 1-inch-wide bars. Let cookies cool [illegible] pan, then transfer from pan with a w[illegible] spatula.

Store airtight at room temperature up [illegible] 1 week; freeze for longer storage. Mak[illegible] about 12 dozen.

n her kitchen

For grandchildren or gifts, *consider dozens of cookies—twice-baked walnut slices, oatmeal fruit strips, and almond ravioli*

AVID STUBBS

elighted little guy
ds this desk and stool
st his size. They're
ilt for children
o 8 years old

A desk just his size

You make it on a weekend, with basic skills and tools, inexpensively

This pint-size desk with stool is the perfect project for a busy holiday season. You can cut and glue the legs and tops in a few hours one day; sand, seal, and paint them the next; and screw them all together on a following evening. Their simple design uses clear fir for the legs and particle board for the tops, so their cost is low (about $25 for both).

You need only basic woodworking skills to build these—the most difficult cuts are the ⅜-inch notches made in the legs. The rest are straight crosscuts. Besides a saw, you'll need a drill, sander, hammer, and screwdriver.

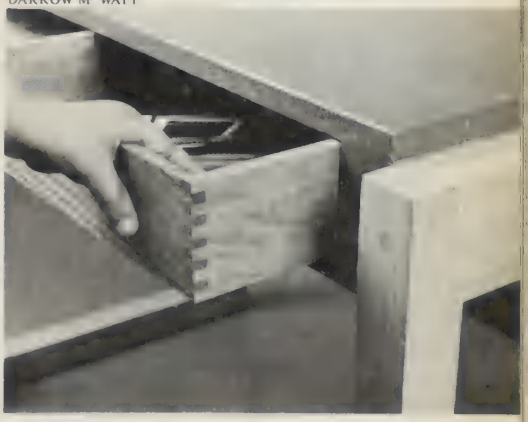
Materials needed: 16 feet of 2 by 2, 8 feet of 2 by 3, 3 feet of 1 by 4, 4 feet of 1 by 3, a half-sheet of ½-inch particle board, a 3-foot ⅜-inch dowel, eight 1½-inch number 8 and four 2½-inch number 12 woodscrews, 1¼-inch (3d) finishing nails, and woodworking glue.

Start the desk and stool legs by cutting the wood to size (see sketch below). Notch the vertical 2 by 2s to receive the 2-by-2 and 2-by-3 crosspieces, then center and mark the locations for the dowel holes in the sides opposite the notches. Glue and clamp the verticals and crosspieces together; using a ⅜-inch bit, drill 2-inch-deep holes at marked points. Put glue in holes and hammer 2-inch-long pieces of dowel into them. After the glue has dried, trim off the dowel ends and sand smooth.

Cut and sand the 1-by-4 and 1-by-3 horizontal crosspieces to size (these keep the legs spread apart and prevent side-to-side movement).

To assemble the open desk top, glue and nail two 15½- by 27½-inch pieces of particle board to the 2-by-3 side pieces. Drill small pilot holes to make driving the nails easier. Make the stool top by gluing and nailing the 12- by 12-inch particle board piece to the two 12-inch-long 1-by-3 side pieces. Countersink all nails and fill holes with wood putty.

DARROW M. WATT



***Leg detail** shows notched and doweled joint. Note how top extends above leg. Letter box was purchased*

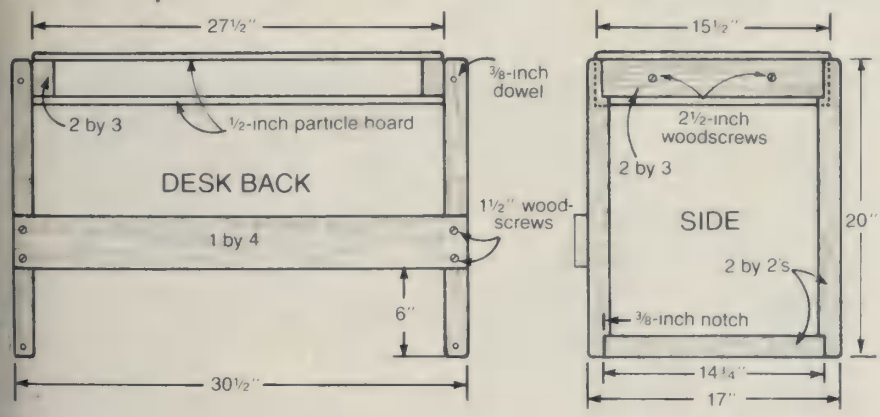
At this point, seal the legs and crosspieces with a clear wood finish—two coats may be required—and paint the tops with the color of your choice (we used two coats of a fast-drying, oil-base enamel).

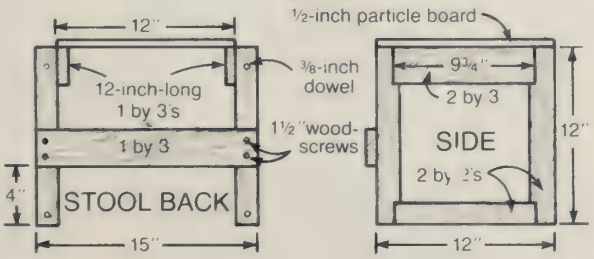
When you assemble the desk top, legs, and crosspiece, you can have a permanent bond by gluing and screwing all joints, but if you want to be able to take the desk apart later, use just the eight woodscrews.

Use finishing nails and glue to join the stool top to its legs; drive the nails through the 1 by 3's of the top into the 2 by 3's of the side. Then glue and screw on the crosspiece.

For storing crayons, pencils, and other small objects, you can purchase an oak letter bin that holds legal-size paper (about $6.50). The 2⅜-inch-high bin we bought at a stationery store fits perfectly into the desk top.

The design for the desk comes from furniture builders Williams and Foltz of Berkeley. □

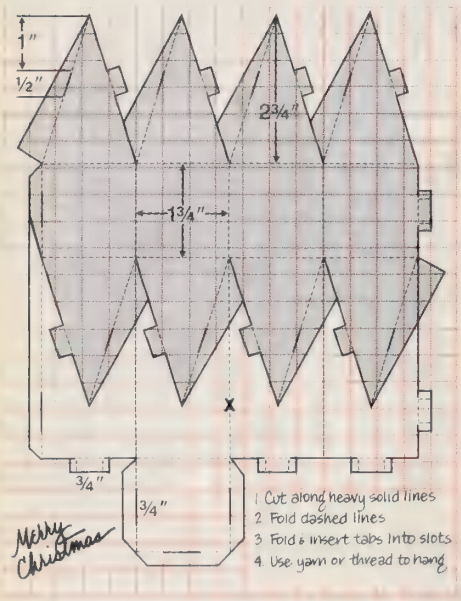




***Rectangles for legs,** particle board tops, and stabilizing crosspieces unify stool and desk designs. For larger children, change height of legs and width of stool*

Cut-and-fold cards

You design and have them printed. The recipient cuts, folds, hangs them

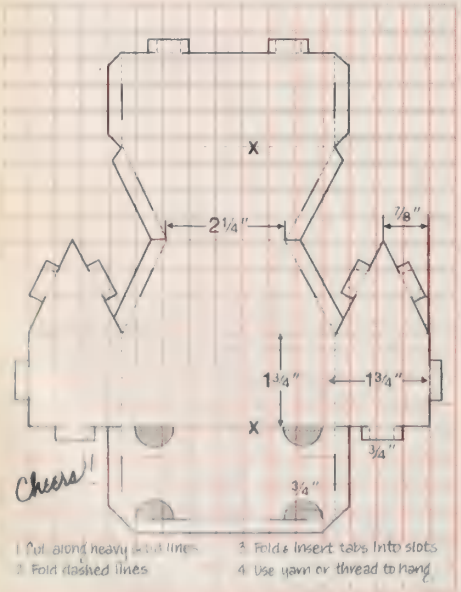


NORMAN A. PLATE

***Printers are busy** near the holidays, so allow at least a few days for printing. The design in her hand will produce the bird shown below*

TERI SANDISO

***Stack of originals** gets final personal touches. Cards fold for mailing, seal with adhesive stickers*



***Enlarge patterns** to create basic shapes for ornaments. Fold card at Xs for mailing. Each square equals ½-inch*

***Embellished** with wings, wheels, windows, or whatever, cards fold to become hanging ornaments. Some of the decoration was on the original printed cards, and some was added later*

These greeting cards are a joint effort: the sender provides a two-dimensional paper card, and the recipient cuts and folds it to make a three-dimensional holiday ornament. Using one of our simple patterns, you can create a stack of inexpensive paper cards that fold for mailing.

With the help of a printer, you can have fifty to a hundred 8½- by 11-inch cards printed photo-direct in black ink on one side of white or colored bristol board (the same weight as index cards) for less than $15. Look in the yellow pages under Printers and allow one to five days for printing. Some "instant" printers require only a few hours.

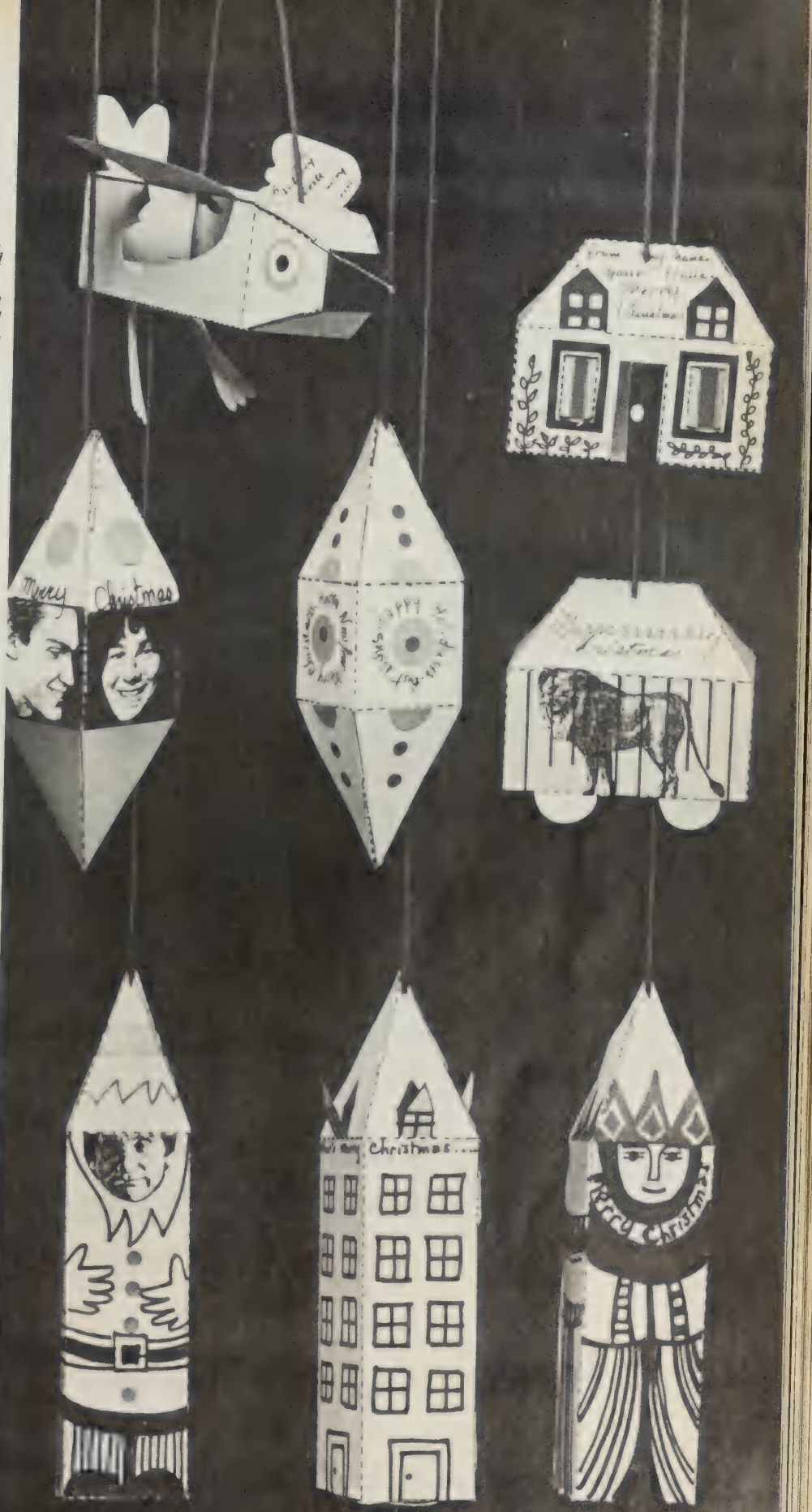
The grid and designs at left will help you create your cards. On the upper design, the length of the vertical lines and the detailing can be varied to produce the pointed cards shown at right center, the tall cards in the bottom row, or the high-flying bird. Photographs don't reproduce well, so it's best to paste them on after the card has been printed.

Use blue grid paper, or draw your grid on white illustration board using a light blue pencil (offset printing won't pick up the blue). The squares on our grid equal ½ inch, making an ornament that fits onto an 8½- by 11-inch card. As you draw, be sure to align tabs with slots.

After blue-penciling the shape you choose, draw the final image you want to print using a fine-tipped black marker.

Add your message, simple instructions for assembly, and any other decorations you want to be on all your cards.

Once the cards are back from the printer, you can add color and using paint, adhesive stickers, stamps, or photographs. Personal messages can be added and the cards folded in half or thirds for addressing and mailing. □



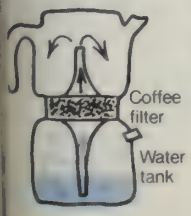
***r cutting,** folding, and stringing, card becomes flying fowl*

***Piston-action** espresso machine hisses and steams while you press out fresh, potent espresso. Serve in demitasse c*

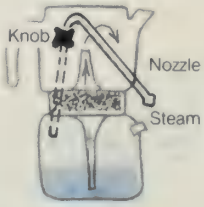
For the after-dinner showman,
the coffee connoisseur, the kitchen engineer

Espresso makers, simple to spectacular

GLENN CHRISTIANSEN



***Steam-only** espresso machines usually have coffee filter in the middle. As water in the tank base boils, steam creates pressure to push the water up through filter*



***Long protruding nozzles** on these steam-only espresso makers extend to water tank base and direct steam for heating and foaming milk. To use this kind, let the steam build up, then open upper knob to release steam from nozzle into chilled milk*

Coffee connoisseurs concur: the chic beverage is espresso. But there is more to espresso than what's in the cup—it's also the showmanship involved in the making. A genuine cup of this dense, potent brew requires a special coffee maker that will force hot water rapidly through darkly roasted, finely ground coffee.

Machines that make coffee in this fashion are usually Italian imports, ranging in style from simple models that look like drip coffee pots to complex units with spouts, tubes, dials, and knobs. You'll find these specialty makers in coffee or cookware shops or the houseware section of department stores.

***Double spout delivers** dark coffee topped with tawny foam—a sign of a good cup of espresso. It's achieved with proper grind that's tamped evenly into filter*

All espresso makers have several things in common. All are made of metal to safely contain steam pressure built up in the water tank, and all have a valve of some sort to release the steam. Each has a filter with very fine holes to hold coffee grounds; water may pass up or down through these grounds.

Your choices in espresso makers

Basically, there are only two types. In the steam-only models, the force of the steam causes the water to move, as the diagram above illustrates. In the piston-action machines, steam pushes the hot water into a piston jacket, then a piston speedily forces water through the filter. This machine is easily recognized by external handles that move the piston.

Espresso made by steam differs in density from coffee brewed in piston-action models. With a piston, some fine particles of the coffee are carried into the brew, giving the traditional pleasing thickness of Italian espresso. In addition, the higher speed of the moving water is considered a plus for flavor—reducing the amount of bitterness extracted from the coffee.

Steam-only espresso machines

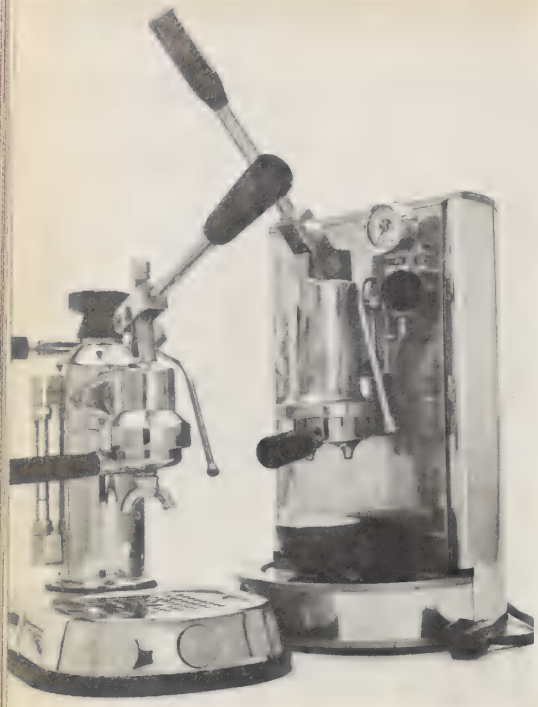
Advantages of these simpler models begin with cost—a rangetop model can be as little as $10. But expect to pay about $300 for a fully outfitted electric unit. The pots themselves are of varying capacities, meaning the number of cups of water the machine can hold. Some come with extra filters which allow different quantities of coffee to be made.

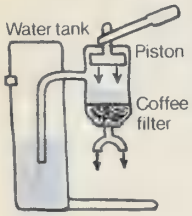
Some have steam nozzles so you can froth milk (to make cappuccino); the nozzles are controlled by knobs, and some brands may also have dials that give pressure ratings. These makers are usually made of heavy-gauge aluminum or stainless steel. They are easy to use and maintain.

Piston-action machines

It's the drama that makes these machines initially appealing, but most espresso experts agree piston-type machines that create hydraulic pressure make the best espresso. Indeed, you need piston pressure to obtain the density of classic espresso.

Piston movement is either manual or through spring action. The handle or handles (connected to the piston or pistons) and the filters are external; you can easily remove the filter and add fresh grounds to make each cup or two in a single operation; filter size determines the number of cups. Water tanks hold enough water to





***Handles** on piston-type espresso makers are used to force the hot water down through the coffee filter*

brew 9 to 40 demitasse cups.

All are electric; some can be hooked up to a water line for automatic filling. They are usually made of chrome-plated stainless steel, with showier options of brass, copper, and even gold. All have steam nozzles, and many have dials that show steam pressure. Base prices are $300 to $450; top prices hover near $7,000. Extra care may be required with this type of machine (see following).

Some tips on maintenance

Before you buy an espresso maker, consider maintenance requirements. Repair experts stress the following basics:

Rangetop models should never be allowed to boil dry. Parts on all makers should be kept clean; check controllable valves regularly to be sure they are not clogging up. Over time, the gasket that seals the filter to the water tank in steam-only models will need replacing.

When the piston is part of the tank (not a separate exterior part), it's best to drain the tank after use to reduce the likelihood of rusting the internal fittings.

If water is hard, alkaline deposits can accumulate enough to give the water a taste. To reduce alkaline flavor in tanks made of brass or stainless steel, add white distilled vinegar to a full water tank (add 2 oz. for an 8- to 12-cup unit) and heat slightly. Let stand overnight. Drain. Rinse several times with clear water.

Leakage is one sign of wear; the machine should be taken in for repair.

Since the look of the espresso maker is part of its charm, surface maintenance is also important; keep dry to avoid spotting. Brass and copper will require polishing.

Making espresso

Dark roasted beans sold as Italian or French roast are the usual choice, but you can use any roast or blend you like.

Grind is important. Steam-only models require grind used for drip makers. For piston models, the grind should be finer (it is sometimes called espresso grind). If too coarse, the water passes through without collecting maximum flavor; if too fine, it can be almost impossible to force the water through. Experiment to find the best grind for your model.

Load the filter about half full, then tamp down to pack lightly; fill to the top with more coffee and tamp again.

Using the steam nozzle to make cappuccino

You'll need an espresso maker with a steam nozzle to make the hot milk that turns espresso into cappuccino.

The secret for developing good foam is to start with milk (whole or nonfat) or cream (whipping or half-and-half) that is very cold. Pour into a narrow, deep container, filling no more than ⅓ full; set in freezer for a few minutes (don't freeze).

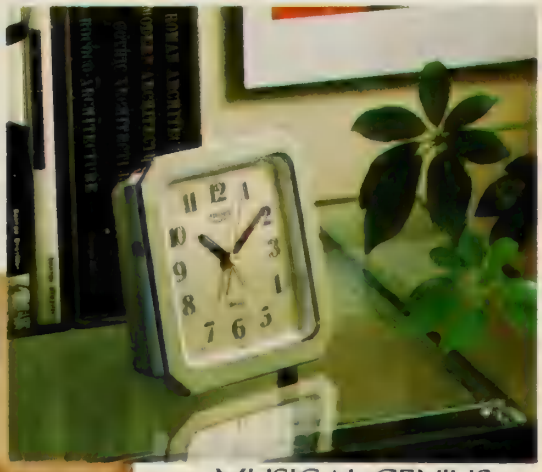
Let steam build up in the espresso machine. Hold the nozzle slightly under the surface of the milk and slowly turn valve to release steam. Regulate volume of steam to control froth as it rises. When container is filled with foam, turn off steam.

Fill regular coffee cups ½ to ¾ full of espresso coffee. Pour the hot foamy milk gently on top, spooning some of the foam into each cup. Sprinkle with a little ground cinnamon and you have cappuccino.

***Simple to sophisticated,** espresso machines (mostly from Italy) surround Thomas Cara in his San Francisco repair and import shop*

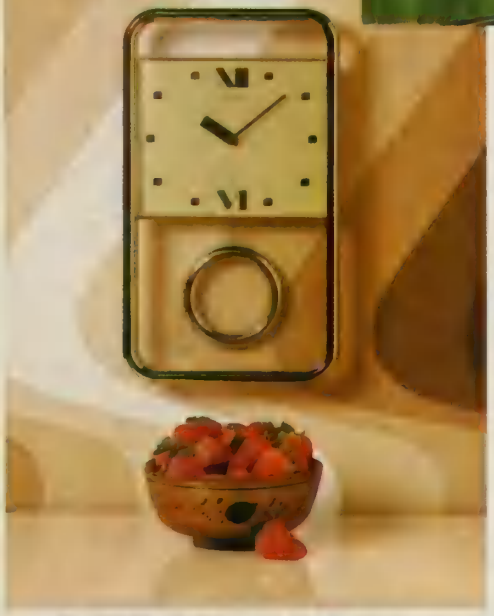
RHAPSODY

JET SET



MUSICAL GENIUS

DAY DREAM



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GLENN CHRISTIANSE

Handyman, gardener, and house painter all sport appropriate home-improvement costumes and accessories

Gifts that will dress them for the job

"**Choose the right tool** for the job." This axiom might easily be expanded to include the right garb for the job. The do-it-yourself crew shown above is fitted with a broad range of accessories designed to make weekend work safer, easier, and faster. Only the most serious handyperson would need an entire ensemble, but what you see here just might suggest the perfect gift for that avid home-improver on your Christmas list.

Because quality varies widely, we show a broad range of prices. For instance, a carpenter's belt in light canvas with a string tie can be purchased for less than $4, but a professional leather-and-stainless steel belt might run to $136. The heavy canvas one we show cost about $20.

Most of these items are available at well-stocked hardware stores. Higher-quality, higher-priced models can usually be found where professionals shop; you'll find better painting equipment, for example, at a fully stocked paint store than at a home improvement center.

The wooden shoes worn by our gardener are not available everywhere, but many kinds of garden shoes can be found through garden-supply catalogs. Oth boots and shoes that are easy to get in ar out of and that give sturdy, dry suppo will work as well. A rigid instep hel when digging with a shovel.

Our handyman's steel-toed work boo are quite comfortable and not as heavy their name implies; these could provide welcome measure of safety for those wh work with heavy materials. We chose ru ber boots for our painter because th give good traction, they too can be slipp in and out of, and they're ideal when yo clean up water-base paints with a hose.

T'S HAPPENING AT SAFEWAY
HAPPY HOLIDAY SAVINGS ON VIDAL SASSOON

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This $24,000* sedan uniquely blends hard-nosed diesel efficiency and masterful over-the-road performance with quality that is the subject of legend. It is no mystery why resale value after three years has been calculated at 86 percent.

History records a powerful reason why the 240 D is a four-cylinder automobile apart: its 2.4-liter overhead camshaft engine is *40 years* more refined than the most refined domestic diesel passenger car power plant. In fact, it descends directly from the engine installed in the first diesel passenger car ever produced for sale.

10 cars, 7,000,000 miles

Pedigree tells. No automobile engine may have so often documented such staggeringly high mileage as the four-cylinder Mercedes-Benz diesel.

One survey revealed that ten American-owned and -driven Mercedes-Benz four-cylinder diesels had between them rolled up well over seven *million* miles.

Perhaps less astonished than the average layman by such claims are the engineers of Mercedes-Benz. It is they who specify machining tolerances as fine as one-hundredth of a millimeter for vital 240 D engine parts.

They also implanted a tiny *ball pin* in each cylinder's precombustion chamber–diffusing injected fuel, aiming to make this engine as smooth-running as it is long-running.

One automotive tester punished the 240 D under extreme conditions and concluded that "...once you're at 80 it'll stay there till you run out of fuel–which will probably be quite a few hours later." The 240 D outruns every sedan in its price class in fuel efficiency. Imagine: a $24,000 sedan capable of 32 est. hwy. and 27 EPA est. mpg.** A happy economy.

Allergic to mediocrity

The 240 D's pedigree extends beyond that jewel of an engine.

The 51 years of design refinement invested in its fully independent suspension system can be *felt* in limpetlike roadholding and a supple ride. The 240 D is neither a galumphing luxury car nor a testy "sports sedan"–simply one of the best-mannered five-passenger automobiles extant.

There doesn't seem to be a commonplace engineering idea in the car. Even its power steering system is a technological feat: it works *progressively* to feed in extra steering force only when you need it, as in parking. Crucial steering "feel" never deserts you.

Steering to brakes to suspension, every system in the 240 D is harmonized with every other. Such superb tune and balance do not just happen. The engineers spent *seven years* developing the 240 D.

Quality is standard

The real glory of the 240 D's beautifully padded, carpeted, wood-trimmed interior is the seats. Your body may never have been so well cared for in an automobile before. The time to judge them is not in the showroom but after a nonstop eight-hour drive.

You can choose a four-speed manual 240 D or a version fitted with a four-speed, torque-converter *automatic* transmission that can also be shifted by hand. Air conditioning, electronic cruise control, and a central vacuum locking system head a long list of built-in amenities.

The 240 D epitomizes what so many car makers today are scrambling to achieve: quality of fit, quality of finish–quality, period. It is so solidly built that there are 4,786 individual welding points in the body shell. It is so well finished that between the body metal and surface paint are *six* layers of protection.

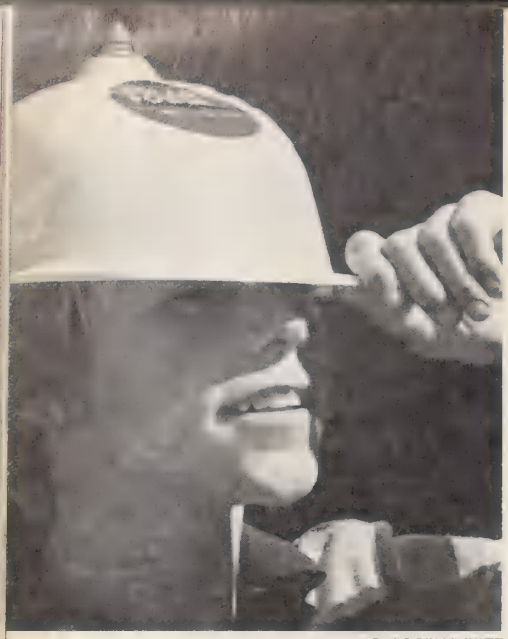
The 240 D also epitomizes the rational Mercedes-Benz order of priorities. Paramount is safety. The car incorporates *more than 120* individual safety features. Many could be omitted and few buyers might be the wiser. But then, the 240 D would not deserve its pedigree as a Mercedes-Benz.

*Suggested retail price p.o.e. New York. West Coast prices slightly higher.

**Use EPA estimated mpg numbers for comparison. Actual mileage may vary, depending on speed, trip length, and weather. Actual highway mileage probably lower.

© 1982 Mercedes-Benz N.A., Inc., Montvale, N.J.

Engineered like no other car in the world



DARROW M. WATT

Sun-powered propeller on plastic hat is a whirring reminder of the energy in sunlight

Solar toys . . . educational and fun, less than $20

Amateur solar engineers—young and old alike—can learn first-hand how the sun's energy works by building and experimenting with solar-powered gadgets.

Here are some examples of projects and toys designed to demonstrate the basics of solar energy. Some are working models o solar-powered equipment; others includ laboratory experiments to be performe at home. They are readily available fron toy, hobby, and scientific supply stores.

Solar inventor kits contain photovoltai cells, small electric motors, propeller wheels, and other parts for creating solar powered toys or equipment. More elabo rate and expensive models have the work for clocks, radios, or small solar heatin systems. Instructions and suggestions fo use are included. Most of the project demonstrate how solar energy can be con verted to electrical energy to do physica work. Prices range from $9 to $40.

Concentrating solar collectors gather th sun's energy and reflect it to one spo Some just boil water for cooking food o for simple experiments like purifying sa water. Others are more potent and shoul be used with caution. Concentratin lenses, for example, generate tempera tures high enough to solder metal or bur wood (or hands). Still others collect an concentrate radiation that is converted t mechanical energy. Prices range widel from $12 to $120.

Project books have directions and pa terns for making devices such as solar si

Inventors' kits, solar experiments, and projects all work with the sun's energy

Microwaves ♥ Microware®.

You'll love Microware brand cooking utensils, too. They're lightweight. Strong. Hold their shape. Stain- and break-resistant. Go straight from freezer to microwave. And can even be used in a conventional oven up to 400 degrees.

You can choose from roasting racks, bacon racks, cake pans, muffin pans, simmer cookers, pie plates and more. There's even a popcorn popper that doubles as a steamer/roaster. And a microwave turntable that's indispensable.

Look for affordably priced Microware brand products at stores across America. They help you get the most — and the best — from your microwave oven.

Anchor Hocking
We set the table for America.™

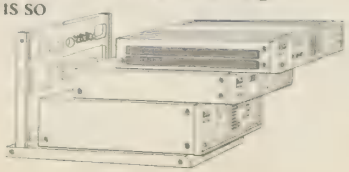
A simple idea kept simple

Look, no wires!

There's never been a stereo system totally designed with you in mind...until today. Introducing Aiwa's amazing V-1000 Synchro Performance Audio Network.

Simply advanced installation...no wires, no hassles.

With the stereo system of your dreams, you don't want a wiring nightmare. With the Aiwa V-1000 you don't get one. Its system rack design is so unique each component just plugs in. It's that advanced. It's that simple.



Simply advanced recording.

The only thing about quality recording that should overwhelm you is the quality of the recording. That's why the Aiwa V-1000 features the Synchro Recording System. It's simple. To make a tape of a favorite record all you do is simply touch the phono record button. The Synchro Recording System does the rest. It selects the right cassette tape settings and recording levels, activates the turntable, and just as the record is about to begin, the cassette deck automatically switches in to record mode.

Impressed? We thought so. But what's even more impressive is that, with Aiwa's built-in timer, the V-1000 will do it all without you even being there.

Don't feel unwanted. You get to do the best part...listen.

Simply advanced ergonomic design.

From its size (the exact width of an album cover), to its function controls (they're oversized and separated from the less often used controls) the V-1000 represents the future in audio...technology so advanced it's simple. Thanks to Aiwa it can be yours today.

For more information, write: Aiwa America Inc., 33 Oxford Drive, Moonachie, New Jersey 07074. In Canada, Shiro (Canada) Ltd.

AIWA
SIMPLY ADVANCED

Christmas gifts you can count on.

Visit Sentry Hardware this holiday season and find dependable, practical gifts for everyone on your shopping list. You'll find the finest brand-name products, plus friendly, helpful sales people that will assist you in making the right selection.

Black & Decker®
8" Table Saw (9419)
$149.99 $20.00 REBATE from Black & Decker.®

shop·vac®
6 Gal. Deluxe Wet/Dry Vac with 4 Free Accessories
(700-02-62) **$53.88**

VAPORSEALERS™
8-Piece Cookware Set
(M-1588-34) **$39.99**

VERMONT AMERICAN®
Deluxe Router Saber Saw Table (396) **$19.99**

STANLEY® Mitre Box (19-114K)
$14.88 $3.00 REBATE from Stanley.®

Taylor® WINCHESTER®
Wall Barometer (6435)
$18.99

Weller®
Solder Gun (7200PK)
$12.88

Bostik®
"POP"® Rivetool
(K110)
$7.99

DREMEL®
DELUXE Moto-Tool Kit with Free Router Attachment and Bit (3801SP) **$58.99**

When you're ready to do-it-yourself.

Check the Yellow Pages under Hardware for the SENTRY store nearest you.

Sentry Hardware Corporation, Cleveland, Ohio 44113.
Merchandise shown in this advertisement is available from participating dealers only. Offer expires December 27, 1982. All Sentry dealers own their own stores. They select their merchandise and set their own prices. There may be variations in products, available quantities and prices in individual stores.

SENTRY Hardware

DARROW M. WATT

Solar art appears on light-sensitive paper exposed to the sun, developed in water

finders, sundials, and solar ovens. Instruc tions include some solar energy history a well as suggestions for using the comple ed project. They cost $8 to $10.

Solar music boxes, beanies, and radi meters are less active solar teachers. The don't require construction or provid practical experience, but they do conti ually measure and demonstrate radia energy. The more energy they receive, th faster they spin or sing. Prices range fro $10 to $25.

Sun prints prove that solar has an artist side, too. Light-sensitive paper recor sun's energy in a print. When the paper exposed to the sun, a positive image a pears where objects have touched the p per. The image changes to a negati when developed in tap water and allow to dry.

Sun print kits contain 15 to 40 sheets paper and a ⅛-inch-thick transparent co er; they cost $8 to $10.

As long as the sun shines, photovoltaic cell turns propeller of homemade boat

Only one mixer has earned the right to be called Mixmaster. Sunbeam!

Sunbeam know-how has always produced superb mixers, but that's not to say we never stop trying to improve them. Over a half century of refinements brings you the most powerful mixer we've ever built. The Sunbeam Power Plus Mixmaster Mixer with Selectronic Control. Its sophisticated solid state circuitry automatically monitors the mixer's power and speed, so you get smooth, uninterrupted power, at any of the 16 speeds you select. Today, if you want a mixer like this, you've only got one choice. Sunbeam.

You can turn to *Sunbeam* morning, noon & night.

An Allegheny International Company

© 1982, Sunbeam Corporation, Sunbeam Appliance Company, a division of Sunbeam Corporation.

® Sunbeam, Mixmaster TM Power Plus, TM Selectronic

Not all Sunbeam appliances are coated with DuPont SilverStone.® However, many items made by Sunbeam use SilverStone,® the premium nonstick surface.

WITH CORNING MICROWAVE COOKWARE, ALL DOORS ARE OPEN TO YOU.

The whole idea behind microwave cooking is to open up a whole new world of possibilities in the kitchen.

Casseroles that cook in minutes. Soups and sauces that are ready in seconds. Leftovers you reheat in little more than the time it takes to pop them in.

At Corning, we make a line of microwave cookware to help you explore these possibilities. But we always keep one simple fact in mind.

Nobody cooks everything in the microwave.

Which is why cookware with the Corning name is designed to make the most of cooking whether your next meal comes out of the freezer and goes into a microwave. Or is cooked start to finish in a conventional oven.

The same can't always be said for plastics.

#1 IN ANY OVEN.

How well plastic microwave cookware performs depends on where you use it.

Directions may tell you it's okay for conventional oven use, but don't believe everything you read. Besides giving off a very unappetizing odor, some plastic cookware may stain, blister or even scorch when used in any oven other than a microwave.

No such surprises lurk behind the oven door when your cookware is made by Corning. At any temperature, CORNING® microwave cookware performs to the nth degree.

It comes out the way it went in. Perfect. Meal after meal, year after year. So you always wind up with dinner instead of disaster.

STEAKS WITHOUT BEEFS.

Although a microwave oven is by far the fastest way to cook a steak, it can also be the fastest way to ruin one.

Microwaves do the cooking so fast, the meat doesn't have time to brown. So even a microwave steak that's done to perfection looks grey.

It took Corning to design a microwave browner that does justice to great cuts of meat.

All you do is preheat it for a few minutes in the microwave and it sears the heat on the outside.

And leaves it tender, juicy and delicious on the inside. It's foolproof.

Whatever problems there used to be for cooking situations like these, here's now one simple solution.

Corning, of course.

DISHES THAT SERVE THE COOK.

Corning thinks dishes should serve the cook, instead of the other way around. And in lots of little ways, we do just that.

CORNING microwave cookware is not only made to take the heat in all types of ovens, it's also made to hold it. So dinner stays hot till everybody comes to the table.

It also thrives on cold. You can cook meals far in advance, freeze them and reheat them later. And you can pop leftovers right into the refrigerator or freezer.

We even save you time cleaning up, because you cook with fewer dishes.

To find out more about how CORNING microwave cookware serves you, send one dollar to Microwave Book Offer, P.O. Box 1212, Corning, NY 14830. And we'll send you a 44-page booklet filled with recipes and tips.*

Once you discover all the possibilities CORNING microwave cookware opens up for you, you'll never cook with anything else. Case closed. **CORNING**

WHEN IT COMES TO MICROWAVE COOKING, AMERICA COMES TO CORNING.

Corning is a registered trademark of Corning Glass Works, Corning, NY 14831. *Allow 4 to 6 weeks for delivery.

NEW BLISTEX® LIP CONDITIONER COMBINES BOTH MEDICINE AND MOISTURIZERS...

FOR DRY, CHAPPED LIPS....

RIGHT AT YOUR FINGER TIPS.

Soothing relief and medicated protection. That's what you get from new Lip Conditioner.

Effective medicated ingredients and a PABA Sunscreen relieve and protect your lips from sun, wind and cold. While rich, soothing moisturizers soften them with regular use.

Combine all these in one handy jar, and everything you need to condition your lips is right at your finger tips.

SATISFACTION GUARANTEED
Blistex

© Blistex Inc., 1982
Oak Brook, Ill. 60521

DAVID STUBBS

Saber saw cuts shapes on hardboard that kids can decorate with paints, adhesives, baubles. Hardboard color resembles that of baked ginger cookies

Don't eat the gingerbread . . . it's hardboard, permanent

These gingerbread cookies aren't for eating; they're made of hardboard and decorated with adhesive caulk. But they are fun for children to make and a lasting remembrance of the Christmas when they were decorated. They're not too heavy to hang as tree ornaments, either.

Trace cooky cutter shapes onto a scrap of hardboard; many lumberyards have scrap stock they'll sell at little cost. Cut the shapes out with a saber saw, then sand the edges round and smooth.

Hobby and craft shops have pai beads, and sequins that children can to decorate the "cookies." Adhesive ca in squeeze tubes makes decorations t look like icing. Avoid silicone caulks; th don't adhere as well and are hard small hands to squeeze.

© 1982 Toyota Motor Sales, U.S.A., Inc.

If you expect a truck to quickly pay for itself in work done and fuel saved, you've come to the place where somebody did it right.

For a great price: $5,998,* the new 1983 Toyota Standard Bed Truck delivers the goods. In the bed. Under the hood. And in driving comfort, too.

Out back it handles 1400 pounds of goods.** With ease.

In performance, you get a dependable 2.4 liter SOHC engine – the largest engine in its class. With a hefty 100*** horsepower rating and fuel efficiency that's even more impressive: 32 Estimated Highway MPG. (26) EPA Estimated MPG.**** Add that to the electronic ignition system, 4-speed synchromesh transmission and power-assisted brakes, and you've got the goods to make the delivery easy. Normal maintenance an infrequent and simple affair. And durability something you can bank on.

The good news in driving comfort is a full bench seat with room for three. Steering-column mounted controls are also designed for easy operation.

The new 1983 Toyota Standard Bed Truck. Once you

OH WHAT A FEELING!

TOYOTA

check it out, its price will convince you to drive it out.

* Manufacturer's suggested retail price. Dealer's actual retail price may vary. Price does not include tax, license, transportation, optional or regionally required equipment.

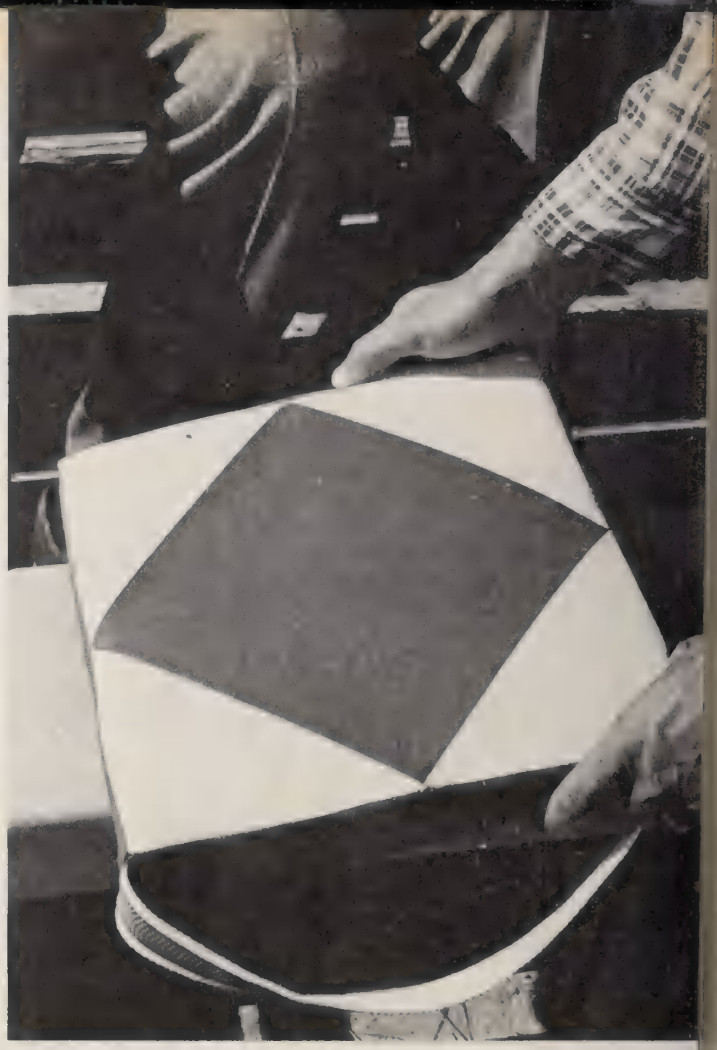
** Including occupants, equipment and cargo.

*** 96 HP in the State of California.

**** Remember: Compare this estimate to the EPA "Estimated MPG" of other gasoline-powered trucks with manual transmission. You may get different mileage depending on how fast you drive, weather conditions and trip length. Actual highway mileage will probably be less than the "Highway Estimate."

BUCKLE UP—IT'S A GOOD FEELING!

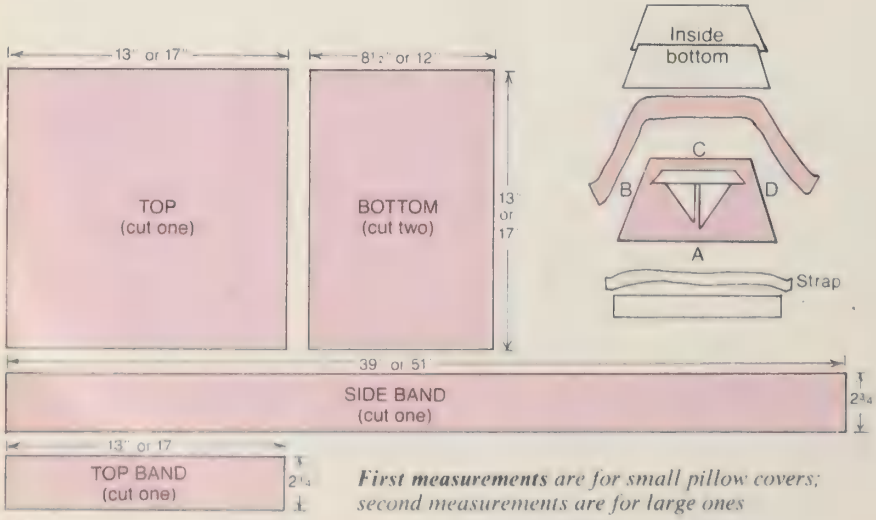
THE LOW-PRICED TRUCK THAT MEETS HIGH EXPECTATIONS.



DARROW M. WATT

***Carry-along cushions** have back opening that doubles as pocket for programs and other small items. Stadium-size cushion just fits narrow bleacher seats*

Easy seat for the stadium . . . made from cotton duck and 2 inches of foam



***First measurements** are for small pillow covers; second measurements are for large ones*

Sports or music fans on your gift l might find portable cushions like the welcome gifts. Covered with sturdy cott in team or club colors and embellish with designs to match their use, they handy for outdoor plays or concerts, p nics, auto races, New Year's Day footb games or parades, or wherever botto numbing bleachers need to be tolerat for long periods.

The smaller dimensions on our patte make a cushion small enough to fit m stadium seats (about 12 inches squar but you can add a few inches to each si if more room is a must, or make t cushions as big as 16 inches square to u where space isn't cramped.

Materials. For the 12-inch-square sta-

Where will Santa be on December 26th?

Taking it easy in his favorite rocker, of course.

$20 to $40 off

Santa knows just how to relax after all his taking Christmas chores. He knows other people like comfort and relaxation, too. That's why rockers are on the top of his list for gift-giving. So, take a cue from Santa and give a gift that is certain to be cherished for many years to come. In oak and honey pine finishes.

A. Northwoods.
Reg. $299 **Sale $259**
B. Traditions.
Reg. $149 **Sale $129**
C. Decorated Pine.
Reg. $189 **Sale $159**
D. Cane Seat.
Reg. $189 **Sale $159**
E. Nostalgia.
Reg. $179 **Sale $149**
F. Oak Berry.
Reg. $229 **Sale $199**

Sale prices effective Nov. 21 thru Dec. 24.

Available at larger JCPenney stores with furniture departments.
Prices slightly higher in Hawaii and Alaska.

JCPenney
THE CHRISTMAS PLACE

Who says new Tidy Cat 3 controls odors better than Jonny Cat®?

3 out of 5 Jonny Cat users, that's who.

That's because new Tidy Cat 3 is a cat box filler with 3-way odor controller.
1. It deodorizes better.
2. Absorbs like a real go-getter.
3. It leaves a clean, fresh scent.

In fact 3 out of 5 Jonny Cat users who tried new Tidy Cat 3 said it controlled odors better than their brand. And once you try new Tidy Cat 3, we know you'll agree.

"When you go sniff...you go mmmm..."

LOWE'S

SAVE 25¢ on any size bag of Tidy Cat®3 and see for yourself.

Mr. Retailer: You are authorized to act as our agent for the redemption of this coupon provided it is redeemed on the product specified. Invoices proving sufficient purchases of Tidy Cat® 3 to cover coupons presented for redemption must be furnished on request. For payment mail coupons to Lowes, Inc., Box 1574, Clinton, Iowa 52734. We will redeem this coupon for face value plus 7¢ for handling when the terms of this offer have been complied with by you and the consumer. The consumer must pay sales tax involved. Offer good only in the United States, and void where prohibited, licensed, taxed or restricted by law. Coupon may not be assigned or transferred. Offer limited to one coupon per purchase. Cash value 1/20¢. Redeem promptly.

70230 102215

STORE COUPON

um-size pillow, buy ½ yard of 45-inch-wide cotton duck. For a larger pillow, buy ¾ yard of the same fabric. For either, buy enough cotton duck in a contrasting color for the design. Also buy ½ yard of cotton webbing for the strap, and thread to match.

Once the cover is finished, buy a piece of foam 2 inches thick and ¼ inches larger all around than the cover's outside dimensions. (Look in the yellow pages under Foam Rubber & Sponge, or buy precut foam pillow forms at a fabric store.)

Assembly. For all sizes, cut one top piece, two bottom pieces, and two side bands to sizes on the drawing. On paper, draw a pattern for the design to fit on pillow top. Cut out. Pin pattern to contrasting fabric, cut out, then zigzag-stitch to top piece.

With right sides together, pin band to top piece of cover along sides B, C, and D. Starting and ending ½ inch from ends, machine-stitch, allowing a ½-inch seam.

On each bottom piece, turn under ¾-inch along one long side; turn raw edges under, press, and machine-stitch.

With right sides together, lay bottom pieces over top piece, matching outer corners and putting finished edge of lower piece over upper one to make a carrying pocket (see upper left photograph on page 104). Pin at several places in center to keep pieces from slipping out of alignment (make sure side band is free of pins).

Pin and stitch bottom pieces to raw edges of side band; trim seams and clip corners.

Strap and top band. Pin one end of the webbing to each end of top band. With right sides together, pin band to top and bottom pieces along free side A; machine stitch, allowing ½-inch seam. Stitch ends closed. Trim corners; turn cover right side out through back opening.

DARROW M. WA

Designs match cushions' uses. Most are machine-appliquéd. Racing flag checks and squares pieced together and stitched

SUNS

Lane® chests.
A tradition for over 60 years.
$60 to $100 off.
Since the early 1900's, Lane® cedar chests have been gifts to treasure long after the holidays are over. A personal place to keep valued possessions safe and secure. Every Lane® chest is a showpiece designed and crafted in the tradition of fine furniture. Hand-rubbed cabinet wood veneers. Cedar lined and airtight to protect against moths and dust.
JCPenney's own country-styled cedar chest
JCPenney
The Christmas Place
Nostalgia,
Reg. $449 Sale $349
Ridgewood,
Reg. $449 Sale $349
Pinewood,
Reg. $449 Sale $349
Riviera,
Reg. $449 Sale $349
Ridgemont,
Reg. $499 Sale $399
Cedar Craft,
Reg. $399 Sale $349
Sale $199
Available at larger JCPenney stores with furniture departments.
Prices higher in Hawaii and Alaska. Sale prices effective Nov. 21 thru Dec. 24.

"Just what I wanted! Now my coffee will taste as good as yours."

If you know someone who appreciates great coffee—consistently great coffee—give the coffeemaker that makes it, cup after cup, time after time. Melitta. Melitta's unique cone-shaped filter concentrates coffee grounds under the flow of water, so all the coffee goodness always comes through.

Melitta®

Great coffee is in the making.

Look for Melitta® coffeemakers, coffee, filters and replacement carafes at your favorite store or supermarket.

Available wherever fine foods are sold.
Bahlsen of America, Inc., Cresskill, N.J. 07626

DARROW M. WAT

***Dime-store kerchiefs** make simple wraps for everything from champagne to books*

The wraps are kerchiefs, scarves

There's something satisfying about wra ping gifts without using boxes, pap tape, or other throwaways. Not only is ecologically smart, it actually makes t gifts of one.

Here we show a variety of handkerchie bandannas, and scarves folded, twiste and tied into lighthearted packages. Y can find inexpensive kerchiefs (50 cen to $3) at variety stores, and if you li embellish them with hair ribbons whimsical shoelaces.

The simplest wraps pull up around t gift and are tied near the top. Cylind can be rolled in the fabric and tied both ends. Fold flat packages inside t cloth and tuck in the ends.

SUNS

Zinc is a Mineral "More Precious Than Gold" For Your Good Health

The scale holds an ounce of gold, the fingers hold an ounce of Zinc. Which is more valuable?

For active people Zinc is "more precious than gold" for good health. It's an essential mineral for the formation of red blood cells . . . for repair of body tissue . . . and for normal growth of skin and bones.

To be sure your body is getting all the Zinc you should have, take Z-BEC®/a vitamin formula that's rich in Zinc.

Z-BEC is also fortified with 6 B-Complex vitamins and vitamin C—water-soluble vitamins your body can't store . . . plus vitamin E.

If you're not getting enough Zinc or vitamins in the food you eat, get Z-BEC. It's rich in Zinc—"more precious than gold" for your good health. Ask for Z-BEC at your favorite pharmacy drug counter.

Z-BEC® IS RICH IN ZINC

Zinc is an essential mineral that plays an important role in the healing of wounds and burns. This Zinc requirement may increase even more if you indulge yourself in alcoholic drinks.

Even certain eating habits, such as special diets—particularly high fiber diets—may strip your body of Zinc. Z-BEC helps replenish your system with the Zinc it should have.

RICH IN 6 B-COMPLEX VITAMINS & VITAMIN C

The B-Complex and C vitamins you take today probably won't do anything for you tomorrow. Because they're water-soluble . . . and are eliminated daily. These essential vitamins must be replaced every day. The Z-BEC formula provides your body with 6 B-Complex vitamins and enough vitamin C to meet or exceed your normal needs.

BALANCED WITH VITAMIN E.

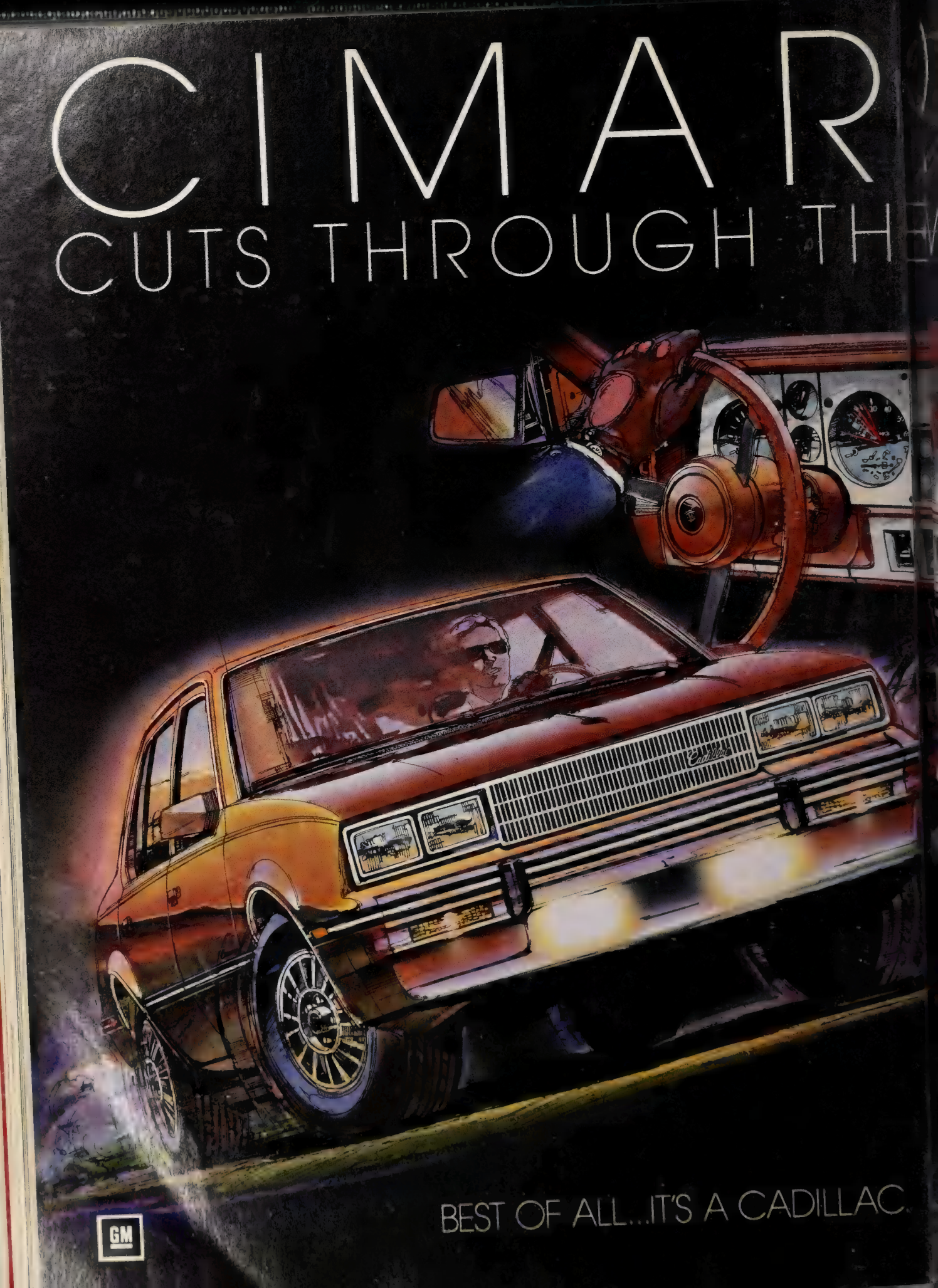
Evidence that vitamin E is a significant factor in helping to sustain good health keeps mounting. Vitamin E is important in helping to maintain the strength of red blood cells. And it helps release energy from the carbohydrates and fats in the food you eat. The vitamin E content of Z-BEC surpasses the U.S. recommended daily allowance.

A·H·ROBINS
Consumer Products Division
Richmond, Virginia 23230

Copyright 1982

CIMAR

CUTS THROUGH TH



BEST OF ALL...IT'S A CADILLAC.

RON '83

MPORT MYSTIQUE.

HOW CIMARRON '83 BEATS THE IMPORTS AT THEIR OWN GAME

	CIMARRON '83	AUDI 5000S	BMW 320I	VOLVO GL	SAAB 900S SEDAN
FRONT-WHEEL DRIVE	STANDARD	STANDARD	NOT AVAILABLE	NOT AVAILABLE	STANDARD
ELECTRONICALLY FUEL-INJECTED ENGINE*	STANDARD	STANDARD	STANDARD	STANDARD	STANDARD
FIVE-SPEED MANUAL INCLUDING OVERDRIVE	STANDARD	STANDARD	STANDARD	STANDARD 4-SPEED	STANDARD
TACHOMETER WITH FULL INSTRUMENTATION	STANDARD	EXTRA COST	STANDARD	STANDARD	STANDARD
POWER-ASSISTED RACK AND PINION STEERING	STANDARD	STANDARD	RACK AND PINION ONLY	STANDARD	STANDARD
EPA PASSENGER COMPARTMENT VOLUME	89 CU. FT.	98 CU. FT.	82 CU. FT.	89 CU. FT.	89 CU. FT.
TUNGSTEN HALOGEN FOG LAMPS	STANDARD	NOT AVAILABLE	EXTRA COST	NOT AVAILABLE	DEALER INSTALLED OPTION
ALUMINUM ALLOY WHEELS	STANDARD	STANDARD	EXTRA COST	STANDARD	STANDARD
AIR CONDITIONING	STANDARD	STANDARD	EXTRA COST	STANDARD	STANDARD
ELECTRONICALLY TUNED AM/FM STEREO RADIO	STANDARD (may be deleted for credit)	EXTRA COST	EXTRA COST	DEALER INSTALLED OPTION	DEALER INSTALLED OPTION
LEATHER-WRAPPED STEERING WHEEL	STANDARD	STANDARD	EXTRA COST	DEALER INSTALLED OPTION	NOT AVAILABLE
LEATHER SEATING AREAS	STANDARD	EXTRA COST	NOT AVAILABLE	STANDARD	NOT AVAILABLE
MSRP**	$12,215 (F.O.B.)	$13,665 (P.O.E.)	$13,440 (P.O.E.)	$13,905 (P.O.E.)	$13,555 (P.O.E.)

*Some Cadillacs are equipped with engines produced by other GM divisions, subsidiaries or affiliated companies worldwide. See your dealer for details. All imports shown are 1982 models.

**Manufacturer's Suggested Retail Price including dealer prep (where applicable) as of 9/23/82. Tax, license, destination charges and optional equipment additional. Destination charges vary by location and may affect comparison. Level of standard equipment varies.

Bold new performance. In '83 Cimarron sports a snappy new 2.0 liter electronically fuel-injected engine with a 5-speed manual transmission. (3-speed automatic is available.) Plus an exclusively tuned Touring Suspension, front-wheel drive and more.

Bold new look. There's a strong new grille treatment and tungsten halogen fog lamps. A proud new hood medallion. And crisp, new aluminum alloy wheels.

Plus Cadillac touches... Like body-contoured, leather-faced front bucket seats with lumbar support.

Air conditioning. Full instrumentation including tach. All standard. And available features like a new electronically tuned AM/FM stereo cassette radio with 5-band graphic equalizer.

Extraordinary value. Compare Cimarron '83 to any import in its class. Feature for feature. Sticker for sticker. Most of all, compare performance with a demonstration drive. See a Cadillac dealer soon.

Guess who the package is from

Nameless nametags—the term almost contradicts itself. But these easy-to-make tags not only provide an under-the-tree picture album of family and friends, they personalize the gifts. Children who cannot read will know who the packages are from, or which ones are for them. They can also remind the receiver what a distant relative or friend looks like.

To create tags, photocopy any black-and-white or color photograph; make as many copies as needed. You may have to adjust a black-and-white photocopy machine to get a good image from a color picture.

Draw a tag shape on a piece of heavy contruction paper or tag board and cut out, keeping in mind the size of your subject in the photograph. Next, glue the tag (spray adhesive worked best for us) and trim the excess with scissors or a craft knife. Punch a hole at the top, string with yarn, and attach to the gift. □

DARROW M WA

***Tagged for giver or receiver**—or both—package labels use photocopy portraits of family, friends, or relatives; they were glued to heavy construction paper*

The way to a man's heart is obvious.

Boker's 2000 is the lockback he would buy for himself. Its 440-C stainless blade will hold its edge through two or three deer, then come back with a few wipes on a steel. The drop-point is a near-perfect extension of his index finger. The rounded grips are polished rosewood with solid brass bolsters. And it's not as expensive as it looks. At better sporting goods stores and trailshops.

Boker,® the knives they tell the stories about.

©1982 The Cooper Group

The gift of hospitality

The holiday season is a heady blend of bustle, gusto and quiet reflection. Surrender to all the moods as they come. Explore the Christmas collections of Pier 1 for yuletide candles, handmade ornaments and extraordinary gifts. You'll find these festive touches along with home furnishings and accents from 63 countries. There's a gift of hospitality for every mood. Whether you plan to entertain a jovial crowd or muse quietly over a glass with a friend, the Christmas collections of Pier 1 will enhance the shared light and warmth of your fireside.

The new Pier 1 collections

Pier 1 Imports: 300 stores. Check the white pages.

NORMAN A. PLATE

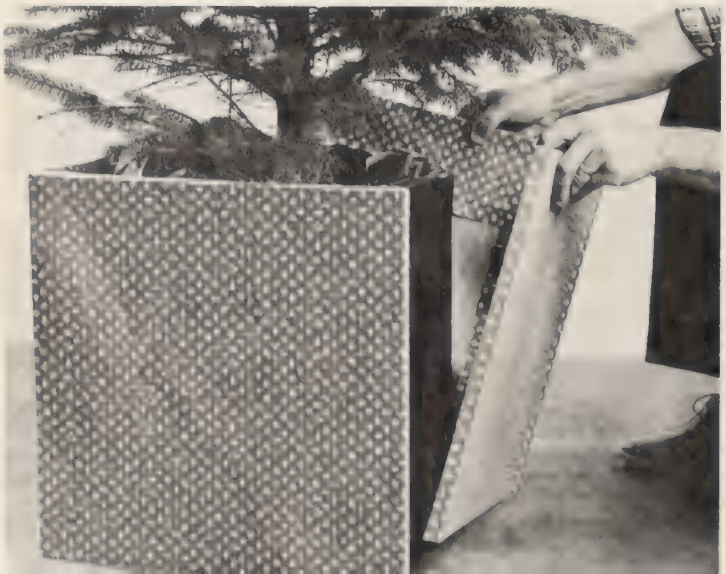
***Redwood lath**, stapled to fiberglass screening, wraps around a 15-gallon can on a rolling base to make an attractive disguise*

Living Christmas trees arrive at mos houses in peat pots or metal cans. T improve their appearance, these contain ers are usually either swaddled in shee or replaced by more expensive clay o wood pots. But there's no reason for yo to spend money on new containers or t muddy up fresh sheets. Here we show fou inexpensive can wraps (less than $1 each) that add dignity and beauty to th humble peat pot or metal can.

Three of the wraps are designed to f around 15-gallon cans measuring abo 16 inches in height and diameter. On you bring the heavy and awkward ca inside, you merely slip the wraps arou

Dressing up a live tree for Christmas

***Like a giant present**, this tree-can wrap adds color. We glued fabric to four 18-inch-square pieces of plywood, then joined them in pairs with cloth hinges; sides fold flat for storage during the rest of the year*



What's so different about Thrive® cat food?

THE MEAT/FISH POULTRY GROUP provides protein your cat needs to help him feel his best.

THE DAIRY GROUP gives your cat calcium for strong teeth and bones.

THE VEGETABLE GROUP gives your cat natural fiber to aid in proper digestion.

THE GRAIN GROUP is the major source of food energy for everyday activity.

Only Thrive provides nutritious ingredients from all four basic food groups.

That's a whole lot more than just great taste!

Thrive is 100% complete and balanced.

© Ralston Purina Co., 1982

Purina®

JINGLE ALL

BE INGENIOUS

© AT&T Co., 1982
Available in most areas

THE WAYS.

This Christmas, let there be jingling all through the house!

Give someone special one of our very special gifts. A genuine Bell phone that'll say Season's Greetings for seasons to come!

Come to your nearest Bell PhoneCenter and see all of our Christmas Bells. We've got a unique gift idea for everyone on your list!

IT'S INGENIOUS.
IT'S GENUINE BELL.

Bell Phone Center

Genuine Bell

GIVE GENUINE BELL.

COME TO THESE **Bell PhoneCenter Stores** IN YOUR AREA

CALIFORNIA

Alameda
2504 Santa Clara Ave
Antioch
County East Mall, 2612 Somersville Rd.

Auburn
2995 Bell Rd

Berkeley
2095 Rose St

Capitola
1820 41st Ave

Chico
712 Mangrove

Citrus Heights
Birdcage Walk, 6043 Sunrise Blvd

Clovis
50 West Bullard, Corner Bullard & Minnewawa
Concord
Sun Valley, 404 A Sun Valley Mall
Treat Plaza, 4475-K Treat Blvd.
Cupertino
Vallco Fashion Park, 10123 No. Wolfe Rd.

Daly City
271 92nd St
Davis
111 G St
Dublin
Dublin Plaza, 7116 Amador Plaza Rd

Fairfield
Solano Mall, 1350 Travis Blvd
Fresno
Best Plaza, 5612 N. Blackstone, between E. Barstow Ave. & E. Bullard Ave.
1245 Van Ness Ave., between Fresno St. & Tuolumne St.
Sunnyside Village, 5712 E. Kings Canyon Rd., corner of E. Kings Canyon & Clovis

Hanford
120 So. 11th Ave

Hayward
1265 B St

Larkspur
Larkspur Landing Shopping Center
1015 Larkspur Landing Circle
Lodi
315 N. Elm St
Madera
629 E. Yosemite
Marysville
401 D St.
Merced
Bear Creek Village, 2981 G St.

Milpitas
Park Victoria Shopping Center
1237 E. Calaveras
Modesto
524 Vintage Fair Mall
corner of Dale & Standiford Rds.
Western Plaza, 2625 Coffee Rd.
Monterey
540 Del Monte Shopping Center

Mountain View
San Antonio Shopping Center
2550 W. El Camino Real
Napa
933 Coombs
Newark
2065 New Park Mall
Oakland
Downtown, 2120 Webster St.
273 Eastmont Mall
Palo Alto
524 University Ave.
Petaluma
Golden Eagle Center, 32 E. Washington St.

Rancho Cordova
2853 Zinfandel Dr.
Redding
1670 Market St.
Redwood City
Boardwalk Shopping Center, 400 Walnut St.

Richmond
Hilltop Mall, 2339 Hilltop Dr.

Sacramento
Downtown Plaza, 570 J St.
4111 Marconi Ave.
Florin Mall, 5905-B Florin Rd.
Arden Fair Shopping Center, 1607 Arden Way
Country Club Plaza, 2377 Butano Dr.

Salinas
Northridge Center, 1166 Northridge Center

San Bruno
203-A Tanforan Park Shopping Center
San Francisco
140 Sansome St.
444 Bush St.
[illegible]20 Valencia St.
[illegible]08 Chestnut St.
[illegible]0 Irving St.
3370 Geary Blvd.
San Jose
Valley Fair Shopping Center, 16 Valley Fair
55 N. First St.
363 Eastridge Mall
Almaden Plaza, 5353 Almaden Expressway

San Leandro
292 Bayfair Mall

San Mateo
Fashion Island Shopping Center
2081 Fashion Island

CALIFORNIA

San Rafael
Northgate Shopping Center
6100 Northgate Dr.
Santa Rosa
130 Santa Rosa Plaza

South Lake Tahoe
1900 Lake Tahoe Blvd.
2 blocks West of the "Y"
Stockton
Venetian Square, 4555 N. Pershing Ave.
Weberstown, 4950 Pacific Avenue

Sunnyvale
Behind Sunnyvale Town Center
244 Carroll Ave
Ukiah
126 N. Orchard
Vacaville
878 Alamo Dr.
Vallejo
86 Larwin Plaza Shopping Center

Visalia
2313 S. Mooney Blvd.
corner of Mooney & Beech Sts.
Walnut Creek
1357 N. Main St.
Watsonville
2 Brennan St.

NEVADA

Carson City
2527 N. Carson St.
Reno
Lakeside Plaza, 155 W. Plumb Lane
Sparks
Silver State Plaza, 790 McCarran Blvd.

COLORADO

Arvada
9462 W. 58th Ave.
Aurora
1590 Elmira
Cherry Creek
2850 E. First Ave.
Denver
Downtown, 1401 Champa
Englewood
3393 S. Cherokee
Lakewood
7049 W. Alameda
Northglenn
1466 W. 104th
Southglenn Mall
6911 S. University Blvd.
Tiffany Plaza
7400 E. Hampden Ave.
Westminster
Westminster Mall, 5403 W. 88th Ave.
Boulder
1805 33rd
Ft. Collins
100 W. Oak
Grand Junction
Mesa Mall
Greeley
1015 9th Ave.
Longmont
1834 N. Main
Loveland
335 E. 6th
Pueblo
Pueblo Mall, 3421 Dillon Drive
Colorado Springs
East (Rustic Hills), 1745 Academy Blvd.
Downtown, 308 E. Pikes Peak

UTAH

Salt Lake City
Main, 250 Bell Plaza
Crossroads Plaza, 50 S. Main
Sugerhouse, 2201 S. Highland Dr.
87 W. 3300 South
American Fork
85 N. Merchant St.
Bountiful
45 W. 200 South
Cedar City
103 W. Center
Ft. Union
Family Center, 1080 E. Fort Union Blvd
Kearns
4780 South-4015 West
Layton
Layton Hills Mall
Logan
10 S. 100 East
Ogden
Ogden City Mall, 24th & Washington Blvd
Five Points Family Center
87 N. Harrisville Rd.
Orem
University Mall, 101 N. University
Price
107 E. 100 North
Provo
75 E. 100 North
Richfield
95 W. 100 South
St. George
104 E. Tabernacle
Spanish Fork
75 E. 200 North
West Jordan
Jordan Square, 1741 W. 7800 South

NORMAN A. PLATE

***Pleated 3-ply paper** folded into 1-inch-wide bands makes inexpensive wrap. We used three 25-inch-long pieces to surround 51-inch circumference of the can*

the pots. The fourth wrap is an open ended tube that lets you elevate a small tree so it isn't buried under the presents. A few days before you bring the tree inside, you should give them a heavy watering. Also be sure to protect your carpet or floor with a waterproof drop-cloth and wrap the can or pot in a plastic garbage can liner.

***Woven ribbons** in 2-inch wire screening disguise 7-gallon can that rests on can turned upside down. Fold ribbon ends over wire, secure with craft glue*

Everything fits beautifully. Including me.

ne of the things that makes Skyhawk, the new smaller uick, so appealing, is its human engineering. Whereby, e relationship between automobile and occupant is so ell thought out, even people of extraordinary mensions can enjoy its luxury and style.

A point made extremely well in the photograph above Mr. Earvin Johnson, a basketball player of some note. And when you buy a Skyhawk, how comfortable you e is very important. Because judging by the way it's put gether, you and it are going to be together for quite some time. In fact, it's the object of one of the most sophisticated, demanding quality control programs in the industry.

The elegant, efficient, front-wheel-drive Skyhawk. Like a whole lot of other people, you'd fit right in. Buckled up, of course. See for yourself. At your Buick dealer's.

EST HWY	EPA EST MPG
46	28

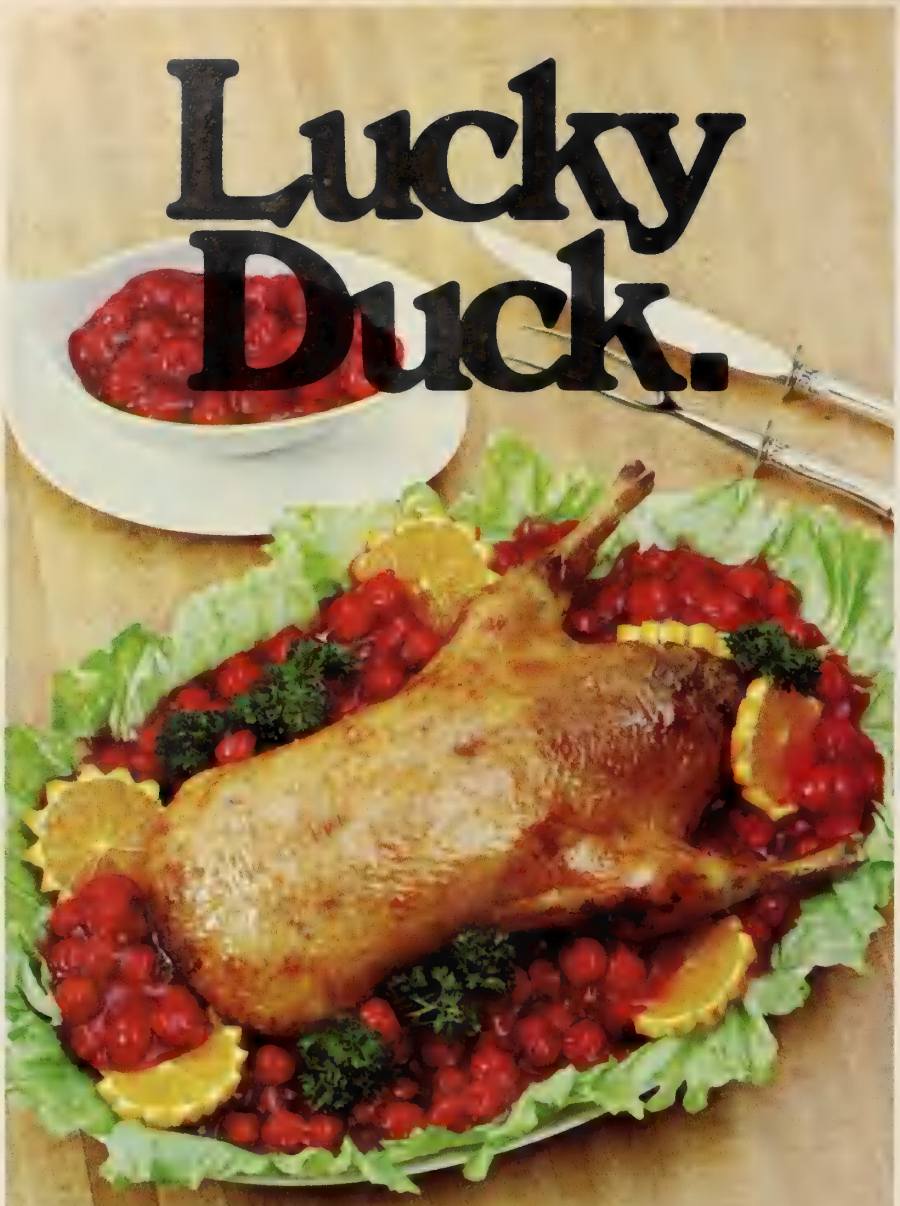
With optional 1.8 liter L-4 engine and 5-speed manual transmission. Use estimated MPG for comparison. Your mileage may differ depending on speed, distance, weather. Actual highway mileage lower. Some Buicks are equipped with engines produced by other GM divisions, subsidiaries, or affiliated companies worldwide. See your Buick dealer for details.

Official Car of the XXIIIrd Olympiad Los Angeles 1984

BUICK

Wouldn't you really rather have a Buick?

Lucky Duck.



With Wilderness Cherries, roast duck is delicious and simple enough to serve a lot more often.

You've known how fabulous the fresh taste of Wilderness has been in all your baking. And now, Wilderness Cherries are a roasting delight. Just open a can of Wilderness Cherries and you've got a tasty beginning to Roast Duck Montmorency. So keep the fresh taste of Wilderness handy. Because with Wilderness, anything you bake or make will make every day special.

Roast Duckling Montmorency

Preheat oven to 350°F. Place the duck on a roasting rack in a baking pan. With a fork, prick the skin all over. Stuff with mixture of celery, apple, onion, salt and pepper. Roast for 20 minutes per pound.

Mix glaze ingredients together in saucepan and heat thoroughly. Remove the duck from the oven and cover with glaze. Place back in oven for 10-15 minutes until the glaze thickens. Remaining glaze may be served with duck. Garnish with lettuce leaves and orange slices. Serves four.

One Roasting Duck (about 5 lbs.), thawed.

Stuffing:
2 celery stalks, 1-inch slices
1 small apple, quartered
1 small onion, quartered
salt & pepper to season

Glaze:
1 T brandy (optional)
1 T orange liqueur (or orange juice)
1 T honey
1 21-oz. can Wilderness Cherry fruit filling

Wilderness **So fresh you'll think you picked it yourself.**

Good Housekeeping

NORMAN A.

Sticky-back cutouts decorate place mat

Holiday place mat . . . plastic cutouts

Christmas place mats add a festive touch to holiday tables. These simple-to-make versions are illustration boards covered and decorated with self-adhesive vinyl.

Variety or hardware stores sell 18-inch-wide self-adhesive plastic shelf-lining by the roll (about $3 for 4 yards) or by the yard (90 cents). For each 12- by 16-inch place mat, you'll need 2½ feet of a solid color, contrasting colors for the cutouts, and 20 inches of clear plastic. Also buy medium-weight illustration board at an art store; it comes in various sizes.

With a craft knife and ruler, cut the illustration board to size. Next, cut a piece of colored plastic ¾ inch larger on all sides than the board; gently peel off protective backing and place right side down on a flat surface. Center and adhere illustration board to plastic, pressing out air bubbles with your hands. Clip corners, then wrap and adhere excess on back. To cover back, cut and adhere a piece of plastic the size of the place mat. Cut out designs from contrasting colors and adhere to front.

To cover the design, cut and adhere clear self-adhesive plastic 3 inches larger all around than the place mat.

Clear plastic makes easy-clean surface. Clip corners, then wrap excess around back

Sunset

The Christmas Gift That Pans Out Every Month of the Year!

Here's your golden opportunity to give SUNSET at special savings!

- First one-year subscription to a Western* address, your own or a gift, $12.
- *Each additional* Western* gift, only $6. You *save half*!
- Gifts to other U.S. addresses, $16.
- Outside the U.S., each gift is $23.75.

A gift of SUNSET is more than just one gift. It's hundreds of colorful, exciting and satisfying ideas every month . . . to please and surprise everyone on your Christmas list. Anyone, in fact, who loves the West and wants to make the most of it.

Give SUNSET this Christmas. A specially designed card will announce each gift.

*Western addresses include the states of Calif., Ore., Wash., Ariz., Nev., Ida., Utah, Mont., Wyo., Colo., N. Mex., Alaska, and Hawaii.

GIFT TO _____

Street _____

City _____

State _____ Zip _____

Please use a separate sheet of paper to enter additional gift subscriptions.

YOUR NAME _____

Street _____

City _____

State _____ Zip _____

Please make your check payable to SUNSET Magazine. Sorry, we do not bill.

Sunset 85 Willow Road, Menlo Park, CA 94025 2D24

Add small drops or undulating lines of paint to water in shallow pan

TERI SANDISON

Carefully roll paper-covered tube across water to transfer paint to paper

If you like, mark crop lines with pencil, then trim and glue painting to package

Splashes of color decorate paper-wrapped box lid, dipped directly in paint

Oil-on-water painting gives you splashy wraps

Splashes of color can turn ordinary gift packages into works of art. The technique we describe—oil-on-water painting—has been around for years; it's best known for the marble-like effect you achieve when you pour oil-base paints on water. But here's our new twist: you dribble or pour oil paints on water, then dip paper, mailing tubes, or empty paper-covered boxes directly into the unstirred paint.

Results are unpredictable but often bold and exciting. Colors react differently to water; some spread a thin film, while others—yellow, metallic gold, and silver in particular—stay where you drip them.

You can enhance the magic by cropping a finished painting done on flat paper; lightly glued to a package, it can become a "bonus" suitable for framing.

To get started, you'll need several colors of oil-base enamel paint (small craft-size bottles cost about 50 cents each at hobby stores); sheets of single-ply bristol pape watercolor paper, or wrapping paper; ar a shallow pan. If you wish, have on har small boxes or mailing tubes for od shaped gifts; cover them with paper b fore you begin.

Protect your work surface with seven layers of brown paper or newspaper; f pan with ½ inch of water, then add the paint. Lay paper or paper-covered b halves flat on water, tap back lightly paint touches all surfaces, then remov Dip boxes one surface at a time.

Often you can pull two impressions (t second one lighter) from the patterns y create on the water. Work quickly, befo paint becomes tacky. For crisp resul change water between batches, and cle pan with paint thinner. Lay painted pap or boxes on newspaper and allow to dry hours to all day, depending on thickne of paint).

DARROW M. WATT

Oil-and-water technique perks up gift wraps, box lids, and mailing tubes

Dear Santa Claus
please bring me
a truck and
a puppy
and a bike
and a computer
game.
I have been
very good.
Your friend.
Jeffrey M.

Elb. Schultz
Don't forget
the
Puppy
Chow
Santa

Santa knows puppies are different from adult dogs, because puppies need more nutrition. And they need it for a full year. Purina® Puppy Chow® brand puppy food has that extra nutrition. So don't treat your puppy like a dog. Give him the extra nutrition of Purina Puppy Chow. Regular or Beef flavor.

Don't treat your puppy like a dog. © R P Co 1982

Glyngøre Party Pâtés

Glyngore of Denmark puts the magic of taste excitement into your party and earns raves all around. Compliment your special guests with all four Glyngore deep sea paté delights: shrimp, crab, tuna and salmon.

World famous delicacies imported from the deep, clear waters of Denmark. Glyngore—The Life of the Party!

SERVING SUGGESTIONS

- With salmon mousse
- Finger sandwiches
- In avocadoes
- Raw vegetables (celery, carrots)
- Dip with crackers

GLENN CHRISTIANSEN

***Blindfolded whacks** loosen piñata's promissory notes. "Good for one carrot cake," reads one card that tumbled out*

Piñata full of promises

Taking a Mexican theme for a Christm party, Bill and Valerie Davisson of R ing Hills, California, give the piñata t dition a new twist. They fill it w promissory notes instead of trinkets. T partygoers think up a gift for fut delivery, describe it on a card, and fold the card to get stuffed into the piñata.

Baked goods are the most popular ide but other I.O.U. gifts include such it as an afternoon of paddle tennis on giver's court; a cook book of the receiv choice; a selection of wines, specified the giver; use of a cabin or beach hous day sail on the giver's boat.

With promises of food, it's a good ide specify an advance order time, suc "on one week's notice."

YOUR ONE-STOP CHRISTMAS SHOP.

Make a list. Check it twice. And then head for your local Office to buy your Christmas gifts this season.

There are stamp collecting kits for children (1). Each one tains different stamps from around the world, albums lots of intriguing information. And the new 1982 United es Stamp Collecting Kit is even more involving. It starts with mint stamps. A beautiful album to put them in. And the ce to collect other U.S. nmemoratives.

For the person who has ything, you'll find the 2 Commemorative Mint 2) is the perfect gift.

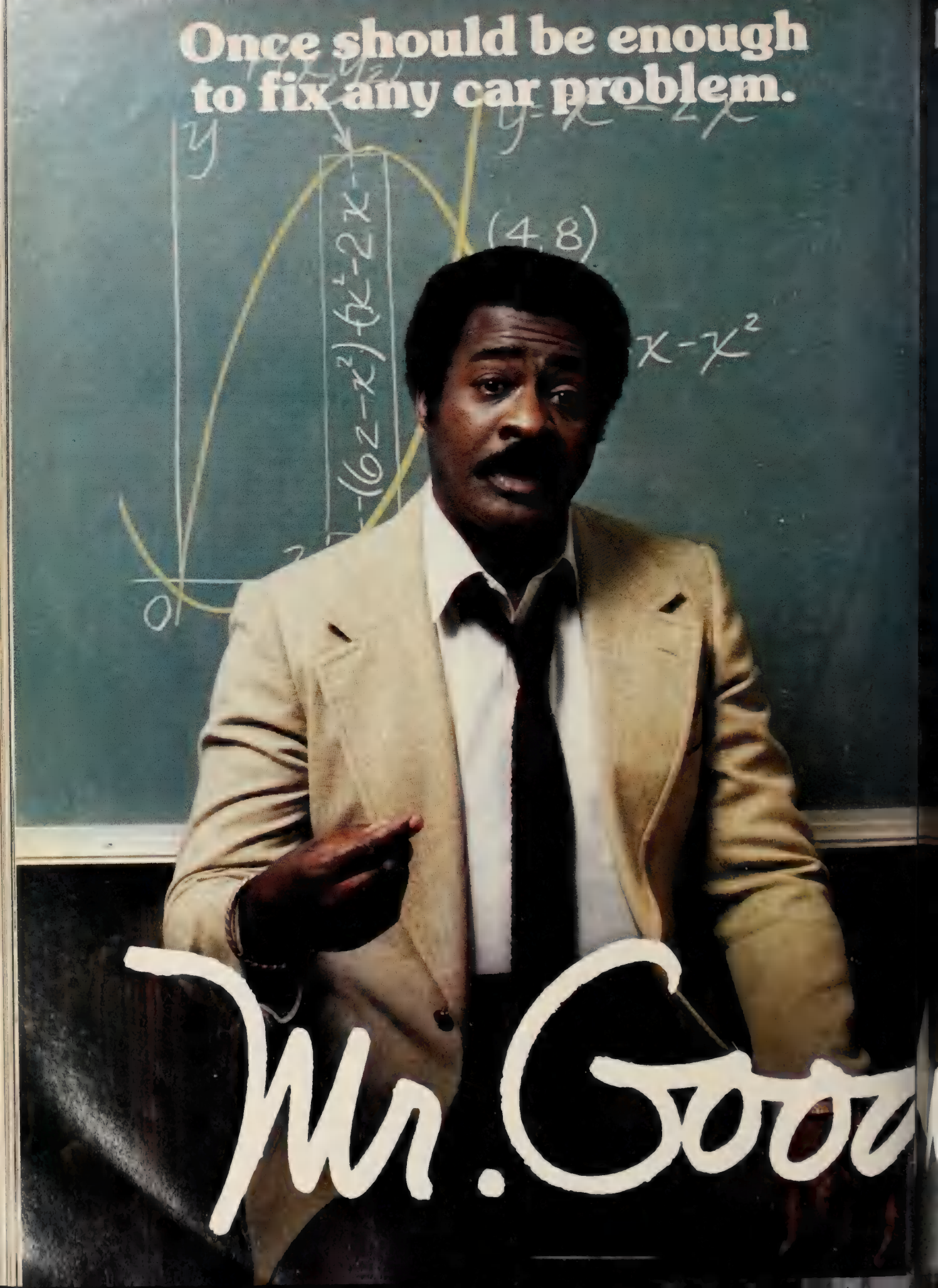
It includes, in perfect condition, every U.S. commemorative stamp issued this past year.

And, for serious collectors, there's the new Postal Service Guide to U.S. Stamps (3). It's full of important information, accurately colored pictures and up-to-date prices for every U.S. stamp issued since 1847.

So, before looking everywhere for that certain something for everyone, come to the Post Office. We have a Christmas list to match yours.

U.S. Postal Service

© USPS 1982


Once should be enough
to fix any car problem.
(4,8)
x-x²
Mr. Good

I figure Mr. Goodwrench has the skills and the tools to do the job right.

Mr. Goodwrench has General Motors training. And he works on GM cars every day. To me, it stands to reason that he's the mechanic I should go to when I need service on my General Motors car. That's not all. He has the right tools. And he has genuine GM parts available.

Mr. Goodwrench is committed to reasonable prices—he has pledged to be competitive with other places I could take my car around here for service. I can get a written estimate from Mr. Goodwrench just by asking so I know about what I'm spending before I've spent it. I like that.

So keep that great GM feeling with genuine GM parts at participating independent Mr. Goodwrench dealers selling Chevrolets, Pontiacs, Oldsmobiles, Buicks, Cadillacs, GMC and Chevy trucks.

LET'S GET IT TOGETHER...BUCKLE UP.

wrench

GM QUALITY SERVICE PARTS

GENERAL MOTORS CORPORATION

BUBBLY ENOUGH FOR A CELEBRATION

DELIGHTFULLY NON-ALCOHOLIC

There's nothing like Martinelli's Gold Medal Sparkling Cider!

Since 1868

ASK YOUR GROCER OR WRITE:

Martinelli's GOLD MEDAL®

S. MARTINELLI & CO., Dept. S
Box 549, Watsonville, Calif. 95077

Verde Orchard Pecans have 20% to 30% more meat in-the-shell than Georgia Stuart Pecans!

We guarantee it. You're going to love these nuts. We begin shipping our Premium Grade Papershell Pecans Nov. 1st, they're the pick of the '82 crop. Your choice of cracked or un-cracked.
• 5 lbs. for $19.95 ▪ 20 lbs. for $69.95.
Prices include postage and handling if shipped in the U.S. Send Check, M.O., Visa or M.C. Order now!

Call Toll Free:
1-800-531-5504

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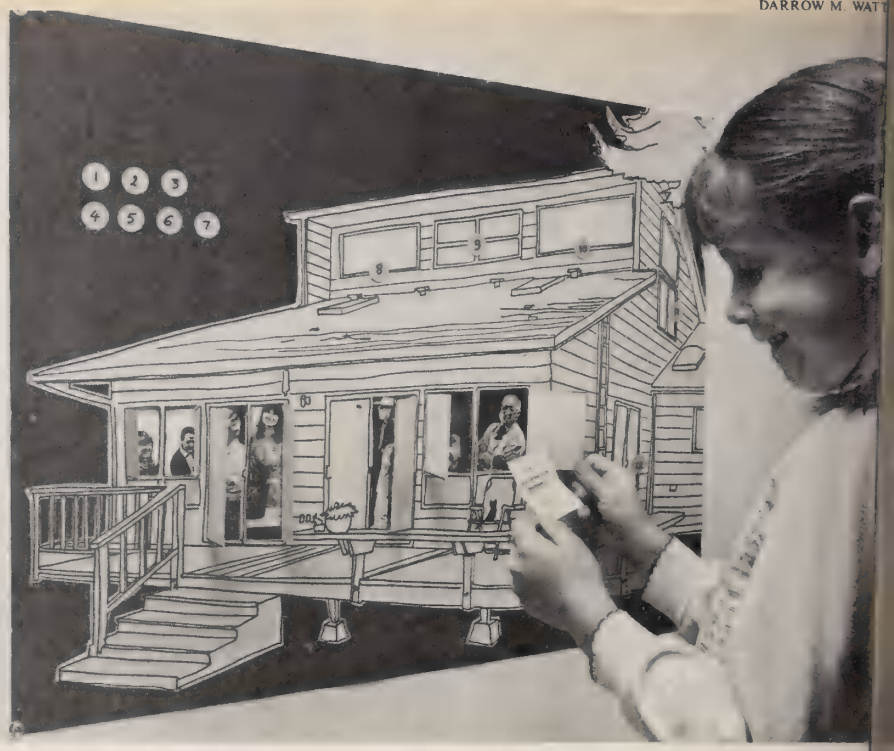
P.O. Box 483
229 19th St.
Hondo, Texas 78861

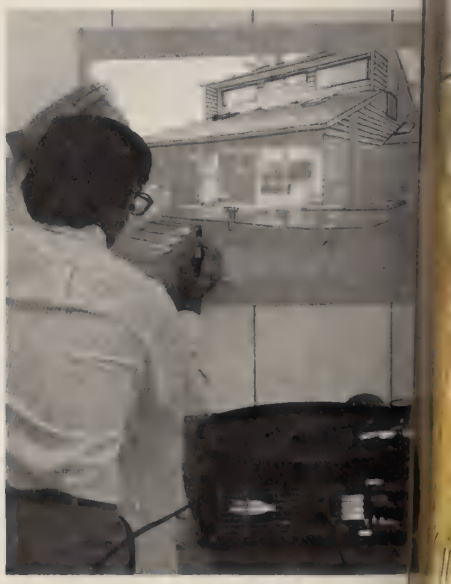
Verde Orchards

DARROW M. WATT



Christmas greetings and photographs of family and friends are surprises behind pop-out doors and windows of do-it-yourself Advent calendar. Numbered stickers hold pop-outs in place

Friends pop out of your house in this Advent calendar



A steady hand helps calendar maker tra house from slide. To prevent distortion, projector should sit at level of paper

The Christmas countdown gets a new twist with this adaptation of a traditional Advent calendar. It doesn't use elaborate fantasy pictures of villages, castles, or inns; instead, slides of your own house or another favorite building form the background.

To make an architectural advent calendar, you'll need a slide projector, a slide, and a standard-size 22- by 28-inch piece of railroad board (available at most art supply stores for 50 to 75 cents). The photograph should concentrate on a major façade of the building.

For a full-size calendar, the projected age should fill the entire sheet of pa r. Using a felt-tip pen, trace the major lines. Cut around three sides of the dows and doors that you want to m into hinged openings. Bushes, skylig chimneys, and other features can als made to hinge. On another sheet of road board, position photographs of tives or friends, or Christmas notes, hind all these openings. Number opening.

From the Schumacher Images™ Collection of bedroom fashions. "Buttons," "Bannister" and "Charter" sheets, pillowcases, comforters, shams, tailored bed skirts, bedspreads and draperies in **Fortrel®** polyester/cotton no-iron percale. At The Broadway, S.W.; Bullock's; Emporium-Capwell; May Co., Denver. © 1982 Dan River Home Furnishing Products Division, NY 10018.

DAN RIVER RUNS DEEP® IN SCHUMACHER IMAGES™

7:30am

That just-made fresh, hot coffee. Mmmm.

8:30am

One more cup before I run off. Still fresh. Still hot.

12:30pm

A quick snack for lunch. And some more of that coffee. Still tastes fresh and hot.

3:20pm

Afternoon break. That breakfast coffee? Still fresh. Still hot. (With no reheating!) Mmmm.

Coffee-On-Demand™

Thermal Makers

Fresh, hot coffee. All day long. No plugs. No re-heating. No kidding.

The Coffee-On-Demand Thermal Maker/Server is a whole new way of thinking about coffee. A way to make it (the popular drip-filter way). And a way to serve it—all day long without cruel re-heating. Your coffee stays fresh—and hot—for 8 hours or more! Once you've tasted your coffee with the Coffee-On-Demand system—and then tasted it again, and again, all through the day—every other coffee-maker-server you've ever tried can be retired to the back shelf. No kidding.

CORNING DESIGNS

CORNING DESIGNS PO BOX 5277 CLINTON NEW JERSEY 08809

DARROW M. WATT

***Gaily finished** with pompons or bells, three-sided chevrons are yarn-wrapped cardboard forms. Designs are based on Laotian craft*

Laotian begonia on your tree . . . it's yarn around cardboard

ık-li, the Northern Laotian name for onia blossom, is also a three-sided or- nent symbolizing a begonia to Hmong ple.

apped in shiny thread, the ornaments a local craft that has immigrated to West. The ones pictured above are ptations; you make them by wrapping rful yarn around a cardboard form, finishing the corners with pompons, ds, and bells.

aller ones (3-inch diameter) take less an hour to make and are light gh to hang on most Christmas trees. ger ones (5-inch diameter) each take over an hour to make.

'll need stiff, medium-weight card- d, felt, needle and thread, a darning le (size 16 or 17), tape, several colors arn, straight pins, and pompons, s, or bells. Also have on hand scis- a craft knife, a ruler, and white glue.

a smaller ornament, measure and cut cardboard into a 3- by 9-inch strip e up measurements for larger orna- s). Cut a piece of felt the same size e cardboard strip. The felt provides on to hold the yarn in place.

the cardboard strip into three equal ons, then mark diagonal fold lines s each section.

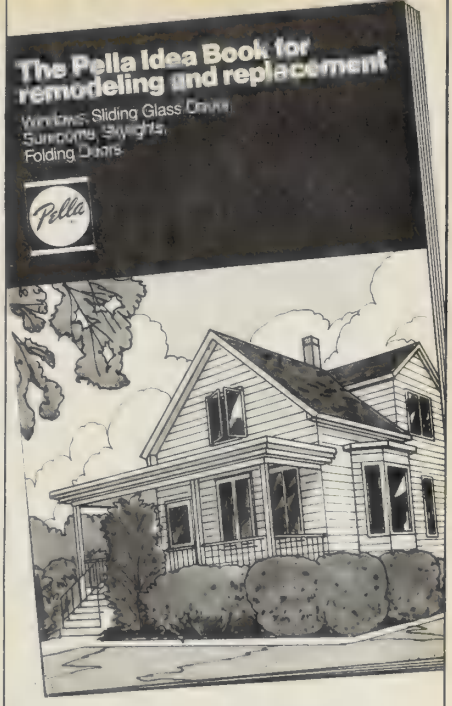
ssemble the ornament, follow direc- given in the photo captions. To fin-

(Continued on page 135)

TERI SANDISON

***With sharp knife,** lightly score fold lines on strip of cardboard*

***Fold backwards** on diagonal lines. Push together until all diagonals meet*



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The Broadway
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- Westminster
- Aurora

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Livran's, Inc (Hampden St)

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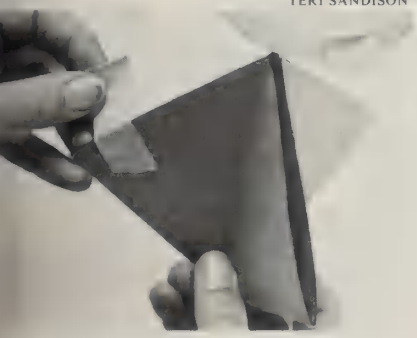
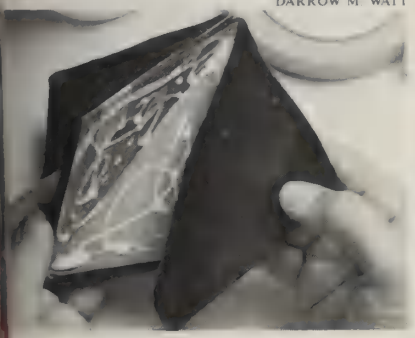
, stick pins into each point to keep yarn om slipping off form. Stitch bells or mpons onto each point. Stitch a loop of rn through top point for hanging. □

TERI SANDISON



pe together the four open edges

DARROW M. WATT



e felt strip over cardboard form. ipstitch all four seams closed

king from yarn skein, thread wool on a le and run it through one point; ve needle and knot wool. Wrap yarn o and around first point, back to knot, and across to opposite point, back to over and around third point, and to knot. Repeat, pushing rows close her; don't pull yarn too tight

d a color band, rethread yarn and through felt at edge. Clip excess o about ½ inch and tuck in end

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RANDALL FLEMING

Before, *the house practically ignored the back yard—few windows looked out on it. The upper floor had a small porch and railing that blocked the view*

House gleams *in morning sun. Greenhouse section below and row of windows in remodeled room above bring light to once dark side of house*

Breakfast in the greenhouse room

A greenhouse breakfast nook gives this older San Francisco house two things it never had before—a bright and sunny kitchen and an expansive view of its back yard. The 7½- by 11½-foot greenhouse section with automatic vents (about $2,550 uninstalled) pushes the eating area out of the way of the busy kitchen and onto a flat outdoor terrace that Berkeley architect Randall Fleming had carved into the sloping back yard.

To make the 8-foot-wide opening to the east-facing greenhouse, Fleming had to open up the exterior wall and insert a large header to carry the load of the enlarged family room above it. The curved aluminum greenhouse section ties into a 3-foot-high stud wall built on a concrete perimeter foundation. The low walls of the addition are sheathed in the same tongue-and-groove siding that covers the rest of the house. Inside, a built-in bench lines two sides of the eating area.

Although the kitchen now gets a lot of sun during the day, the greenhouse's single-glazing is a potential heat loser at night. To minimize the loss, the owners can close the greenhouse off from the rest of the room, using a folding wooden door that stores out of sight next to the refrigerator.

Wood-floored *breakfast room opens kitchen to garden view*

Folding door *closes to prevent heat loss at night*

NORMAN A. [illegible]

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***ding food coloring** created light and dark siding for replica Frank Lloyd Wright's Winslow house with porte-cochère*

***Slabs and cylinders** create 2-foot Coit Tower with frosting for seams*

***dmill won** first prize. Tower was ed in cone-shaped mold, center in tart pan. Blades are strips*

***Gingerbread bricks** are ½- by ¾- by 1-inch blocks cut from still-warm baked slabs*

***Concentric rings** carved smooth with knife form domed roofs of Florence Cathedral. Angled walls have mitered seams glued together with frosting*

When architects build with gingerbread

GLENN CHRISTIANSEN

***Architect and son** admire gingerbread buildings at annual AIA Christmas party*

T **occasion:** the annual Christmas party h by the San Francisco chapter of the A rican Institute of Architects.

T event: a gingerbread architecture c petition open to all members and their fa lies.

T results: as shown here, not your aver- g storybook cottages, but highly imagi- a e variations of edible buildings.

W n the AIA chapter called *Sunset M azine* last December for a ginger- b d recipe, we gladly supplied one and g ed to participate in the judging.

C entional gingerbread construction re res the dough to be rolled into slabs ab t ¼ inch thick, baked, then cut while w n. When cooled, parts are assembled w cement icing (page 150). This meth- d s used by several of the entrants, but s r examples demonstrate, these design professionals also developed some new techniques for creating gingerbread buildings.

If you want to hold your own competition, here's a basic gingerbread dough recipe to get you started. In a large bowl, beat together ¾ cup *each* sugar, butter or margarine, and molasses; 1 teaspoon *each* baking soda and ground ginger; and ½ teaspoon *each* ground cinnamon and nutmeg. Dissolve 2 teaspoons instant coffee in 2 tablespoons hot water and stir into sugar mixture. Gradually stir in 3¼ cups all-purpose flour. Cover and chill until firm, at least 3 hours or up to 3 days.

Roll dough ¼ inch thick on rimless baking sheets. Bake at 325° for 13 to 15 minutes, until edges are golden. Cut while warm; cool on wire racks. Assemble. Recipe makes about 420 square inches of gingerbread, enough for a small building. □

Sunset's Kitchen Cabinet®

Dishes you prepare in advance, ready to be served or to be heated and served, are probably never more appreciated than during the busy days of December. Our recipes this month are meant to help out this way.

For an easy-to-organize brunch or su per entrée, consider the custard-r bread strata or the layered pasta cass role. Cold cooked turkey mixed with spicy peanut sauce can wait to served as a main-dish tostada salad.

Spread cheese on toast for appetizers, or fill avocados and slice for salad

Two-way Walnut Cheese

Ideal for entertaining, this recipe is generously proportioned.

- 1 large package (8 oz.) cream cheese, at room temperature
- ½ cup chopped walnuts
- 4 green onions, chopped
- 10 pimiento-stuffed Spanish-style green olives, chopped
- 2 teaspoons of the olive brine
- 3 or 4 rounds of pocket bread

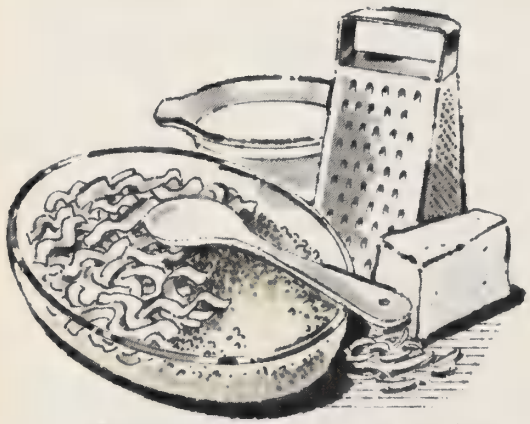
Stir together the cheese, walnuts, onions, olives, and liquid. Cover and chill at least 2 hours or up to 2 days.

Cut each bread round into 8 wedges; pull layers apart. Spread in a single layer on a 12- by 15-inch baking sheet.

Toast in a 350° oven until crisp, abo 10 minutes; let cool.

Mound cheese mixture on a platt surround with toasted bread. Mak 1½ cups or enough for 8 to servings.—*N.L., Moose, Wyo.*

Walnut cheese avocado platter. *Ha and pit 8 to 10 medium-size* ***avocad*** *Fill centers equally with* ***walnut che*** *(preceding), moisten with* ***lemon ju*** *then press two halves back toget Seal in plastic wrap; chill 2 to 6 hou Peel avocados, cut crosswise into inch slices; arrange on* ***lettuce-li*** *platter. Top with ½ cup* ***oil-and-vi gar dressing.*** *Serves 16 to 20.*



Choose a glass casserole if you have one, to show off the colorful layers

Three-Layer Beef Casserole

Assemble and bake, or assemble and chill this casserole to heat later.

- 2 pounds ground lean beef
- 2 cloves garlic, minced or pressed
- 1 large onion, finely chopped
- 2 large cans (15½ oz. *each*) tomato sauce
- 1 tablespoon dried basil
- 1 package (8 to 10 oz.) spinach fettuccine
- Boiling salted water
- 1 cup shredded Cheddar cheese
- 1 large package (8 oz.) cream cheese, at room temperature
- ½ cup *each* sour cream and milk

In a 10-to 12- inch frying pan over medium heat, stir beef until crumbly and browned; discard fat. Stir in garlic, onion, tomato sauce, and basil. Cover ad simmer for 30 minutes to blend flav Cook noodles in 5 quarts boiling wa uncovered, until tender to bite, abo 8 minutes; drain.

Spoon meat into a shallow 3-q casserole. Top evenly with nood sprinkle with Cheddar cheese. Wh the cream cheese, sour cream, nd milk until smooth; pour over no layer.

If made ahead, cover and chill the as serole up to 1 day.

Bake, covered, in a 350° oven ti heated through, about 40 minutes al low 1 hour if cold). Serves 6 to *S.Y., Redding, Calif.*

Shredded fresh beets keep their crisp texture in this ginger citrus marinade

Ginger Beet Salad Wreath

A colorful contribution to a holiday buffet, this salad improves on standing.

- 1½ to 2 pounds beets
- 1 tablespoon grated fresh ginger
- 2 tablespoons salad oil
- ¼ cup lemon juice
- 2 tablespoons rum or orange juice
- 2 teaspoons sugar
- 1 cup sour cream
- 1 tablespoon finely chopped crystallized ginger
- Butter lettuce leaves

Scrub and peel beets, then coarsely shred in a food processor or with a hand grater, using the grating surface with large holes; you should have 4 cups grated beets.

In a large bowl, combine beets, es ginger, salad oil, lemon juice, rum nd sugar. In another bowl, blend tog sour cream and crystallized ginge

Cover and chill both mixtures at le hours or as long as 2 days.

To serve, line a flat, wide platter ith the butter lettuce leaves. Spoon th gingered sour cream into a small w and set in center of dish.

Stir beets to blend, then spoon o tuce around dish like a wreath. Le guests serve themselves, topping o tions of beet salad with the sour c dressing. Makes 4 to 6 servin *R.C., Albany, Calif.*

ıe chilled cranberry mousse, which stes richer than its calorie count, is a freshing make-ahead dessert.

nd your original recipes to *Sunset agazine,* Menlo Park, Calif. 94025. e pay $25 for each recipe published.

Pasta casserole to make ahead, turkey tostada at the last minute, cranberry mousse, ginger salad

ıorizo and Chili Strata

fer sliced oranges and cucumbers :h this spicy make-ahead entrée.

- cups sourdough bread cubes, cut into 1-inch squares
- eggs
- teaspoon dry mustard
- cup milk
- cups shredded Cheddar cheese
- to 1 pound chorizo or linguisa sausage
- can (7 oz.) diced green chilies
- Sour cream
- Green chili salsa, homemade or purchased

tter bread cubes in a buttered shal- 3-quart casserole. Lightly beat to- her the eggs, mustard, and milk; pour over bread cubes and sprinkle evenly with the shredded cheese.

If sausage is in casings, remove casings, then slice or crumble meat into a 10- to 12-inch frying pan. Cook over medium-high heat, stirring, until browned; discard fat. If using sliced sausage, remove from pan and coarsely chop. Mix meat with chilies.

Spoon sausage mixture over custard. Cover and chill 8 to 24 hours.

Bake, covered, in a 350° oven until hot in center, about 45 minutes. Spoon out portions and top individual servings with sour cream and salsa. Serves 6 to 8.—*S.D., San Luis Obispo, Calif.*

Pour egg custard over cubes of bread; top with cheese, sausage, and chilies

cy Peanut-Turkey Tostadas

s main-dish salad borrows flavors n both Mexico and the Far East.

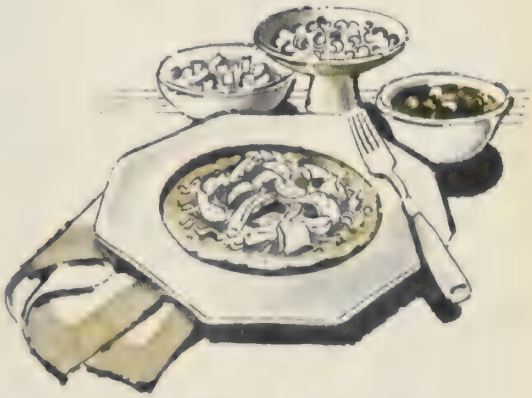
- cup *each* chunk-style peanut butter, soy sauce, and sugar
- About 1½ cups salad oil
- teaspoons cider vinegar
- teaspoon sesame oil (optional)
- to ½ teaspoon cayenne
- cups bite-size pieces cooked turkey or chicken
- flour tortillas (8 inches across)
- cups shredded iceberg lettuce
- Condiments (following)

oothly blend the peanut butter and olespoons of the salad oil, then stir ıe soy, sugar, vinegar, sesame oil, and cayenne to taste. Mix with the turkey and set aside.

In an 8- to 10-inch frying pan, heat ½ inch salad oil over medium-high heat to 350°. Fry one tortilla at a time (use tongs to turn often) until crisp and golden, about 30 seconds on each side. Drain them on paper towels.

To assemble, top tortillas with lettuce, then spoon on an equal portion of the turkey and dressing. Offer condiments to top individual servings. Serves 6. *A.B., Salem, Ore.*

Condiments. *Allow about 1 cup each sliced* ***green onions, fresh coriander leaves*** *(cilantro), chopped* ***cucumber,*** *and* ***canned cranberry relish.***



Offer guests a choice of condiments to top their spicy turkey tostada salads

l day Cranberry Mousse

cranberries balance the sweet berries in this light dessert.

- envelopes unflavored gelatin
- cup sugar
- package (10 oz.) thawed frozen sweetened raspberries
- Water
- cups fresh or frozen cranberries
- tablespoons orange-flavored liqueur (or thawed frozen orange juice concentrate)
- cup whipping cream

ogether gelatin and sugar in a 2½- quart pan.

thawed raspberries and their into a measuring cup and add gh water to make 3 cups total. Add with cranberries to sugar.

Bring to a boil over medium-high heat, stirring, then reduce heat and simmer, uncovered, for 5 minutes. Remove from heat and stir in liqueur.

Chill mixture until it has the consistency of unbeaten egg whites, about 3 hours. Beat the cream until it holds soft peaks, then fold it into the gelatin mixture. Spoon into a 6-cup mold; cover and chill until mousse is set, at least 4 hours or as long as 2 days.

To unmold, quickly dip mold just up to the rim in hottest tap water, then invert over a serving plate. Cut in wedges. Serves 6.—*K.L., Arcadia, Calif.*

Cranberries and holly add a festive garnish to this rosy colored mousse

***For elegant appetizer,** spoon aspic over cheese, then arrange decorations. Repeat glazing until garnish is sealed under aspic*

Deck the cheese with herbs and flowers

Even a precut chunk of supermarket jack cheese becomes a glamour appetizer when you decorate it with herbs or flowers and seal them in place under a shimmering transparent aspic. Making the aspic is as easy as mixing up a packaged gelatin dessert.

Choose from fresh herbs such as chives, dill, sage, thyme, or rosemary; tiny spinach leaves or green onion; or petals from well-rinsed, pesticide-free pansies, roses, primroses, geraniums, carnations, chrysanthemums, or violets.

Decorated Cheese in Aspic

- 2 cups dry white wine or regular-strength chicken broth
- 1 envelope unflavored gelatin
- Flat-surfaced cheese (any rind must be edible), chilled
- Decorations (see preceding)

In a 2- to 3-quart pan, combine wine and gelatin; let stand about 5 minutes. Place over medium heat and stir until gelatin dissolves.

Set pan in ice water and stir liquid occasionally (but slowly so bubbles don't develop), until it begins to thicken and look syrupy. If aspic gets too firm, reheat to soften, then chill again until syrupy.

Set cheese on wire rack in a rimmed pan. Arrange decorations on cheese to determine a pattern, then set decorations aside. Spoon aspic over top and sides of the cheese, and when slightly tacky (just a few minutes) add the decorations. Chill, uncovered, about 15 minutes.

Spoon aspic over top and sides of cheese again; you may need to add several more coats, chilling between each layer, to cover all exposed portions. Invert a bowl over cheese without touching and chill until ready to serve, up to 36 hours.

You can store unused aspic (including drips from under rack), covered, in the refrigerator for several days. Reheat to melt, then chill until syrupy.

Makes enough aspic to coat six 3- by 5-inch rectangles of cheese with 3 layers of aspic

***Under shimmering aspic,** edible leaves and flowers create showstopping decorations. Pansies and dill embellish Camembert, chives and chrysanthemum petals top Gouda, green onion and watercress garnish Cheddar*

DAVID STUBS

Instant Cup·a·Soup introduces dips you don't have to have a party to have.

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Blend 2 envelopes Lipton® Onion Cup·a·Soup with 1 cup (8 oz.) sour cream or plain yogurt; chill.

Mexicali Dip

Blend 2 envelopes Lipton® Onion Cup·a·Soup with 1 cup (8 oz.) sour cream or plain yogurt; add ¼ cup chopped pimento or green chilies and 2 teaspoons chili powder; chill.

Garden Vegetable Dip

Blend 2 envelopes Lipton® Spring Vegetable Cup·a·Soup with 1 cup (8 oz.) sour cream or plain yogurt; chill.

And you thought Cup·a·Soup just made soup.

New bird for the holidays?

It could be pheasant, chukar, mallard, quail, squab, guinea fowl. They're all small, becoming more available, expensive unless you shop around

A festive choice for a holiday entrée is the farm-raised specialty bird, particularly when the group you are serving is small and adventurous. In this article, we give directions for preparing six kinds: pheasant, chukar (partridge), and mallard duck—all captivity-bred game birds—as well as guinea fowl, squab (young pigeons), and several quail species—all with long histories of domestication.

Such birds are now being produced in greater numbers in the West and are available frozen year-round. Some are also sold fresh all year; the more seasonal ones are marketed fresh sometime between summer and mid-January.

The most readily available are pheasant, squab, and quail. Finding the others may take a little sleuthing on your part, but we offer some leads.

Relative sizes of holiday birds, clockwise from 12-pound turkey: pheasant (2½ lbs.), guinea fowl (1¾ lbs.), squab (1 lb.), chukar (1 lb.), quail (¼ lb. each), mallard duck (2½ lbs.)

How big? How expensive?

Specialty birds definitely cost more per pound than turkey or chicken; for a holiday splurge, it's rather like buying a top-quality beef roast. If you buy directly from a game farm, you can keep to the lower end of the price range we give here. (The higher end represents prices at a gourmet food market.)

Raised under controlled conditions, pheasant, chukar, and mallards for sale are usually young—and much tenderer and plumper than their wild counterparts (and you don't have to watch for shot).

Squab and chukar weigh ¾ to 1 pound each. Squab costs $4.20 to $7.50 each or per pound; chukar runs $5 to $11.65 each or per pound. Quail weigh 3 to 6 ounces each and cost $1.30 to $2.75 each—and some stores require a minimum order of 6 or more. These three birds are used interchangeably here, except that quail take less time to cook.

Pheasant weigh 1½ to 3 pounds each, cost $2.75 to $7.50 a pound; guinea fowl weigh 1¾ to 2½ pounds, cost $3.20 to $7.25 a pound. They're cooked the same way.

Average size for a domesticated mallard is 2½ pounds; price ranges from $4.80 to $6 per pound.

High heat, quick cooking, best flavor

To get full benefit of the fine flavor of these birds, and to ensure that meat is moist and succulent, very special attention must be paid to cooking time and temperature; overcooking will make the tenderest bird dry and stringy.

Roast these birds at very high temperatures, only until the breast is just firmed; the leg joints will look decidedly pink.

Where to buy

Service meat markets may be able to order the birds you want; several days' to several weeks' notice may be required. Oriental poultry markets offer good value; here, too, ordering ahead is wise.

Or make an outing to a game farm, where prices are lower. To locate one, contact county farm bureaus (some have farm trail guides), chambers of commerce, or listings under Poultry or Game in yellow pages of the telephone director

Chukar is all white meat, rather chicken breast; squab and quail have fl a bit darker than turkey thigh. Each its distinctive taste, but none could considered strong in flavor.

To develop surface color, you sauté birds in butter before roasting.

For a resplendent offering, present a of roasted birds accompanied by p poached in red wine; mound hot coo wild rice in the center. The drippings pear liquid produce a delectable sauc

Squab, Chukar or Quail with Pears and Red Wine Sauce

- 1½ cups dry red wine
- ¼ cup sugar
- ¾ teaspoon whole black peppers
- 3 medium-size firm ripe bosc or comice pears, peeled, cut in half lengthwise, and cored
- 6 squab or chukar (partridge), *each* 12 to 16 ounces; or 12 to 18 quail, *each* about 4 ounces
- ⅔ cup butter or margarine
- ⅓ cup minced shallots or red onion
- ¾ cup regular-strength beef broth

In a 4- to 5-quart pan, combine sugar, peppers, and pears. Bring to cover, and simmer, turning pears se times until tender when pierced, ab minutes. Set aside in a warm place.

Rinse birds inside and out and pat save necks and giblets for other uses. 2 to 3 tablespoons of the butter in a 12-inch frying pan over medium heat. Add birds, without crowding; to brown all sides (takes about 3 min

Arrange birds, breast up and sli apart, on a rack in an 12- by 17 roasting pan. Roast birds in a 400° until breast meat near bone is still but not wet-looking (make a sla breast just above wing joint to test quail and squab should still be red the chukar should be white with a pink at the bone. Allow 12 to 15 m for quail, 20 to 25 minutes for squ chukar.

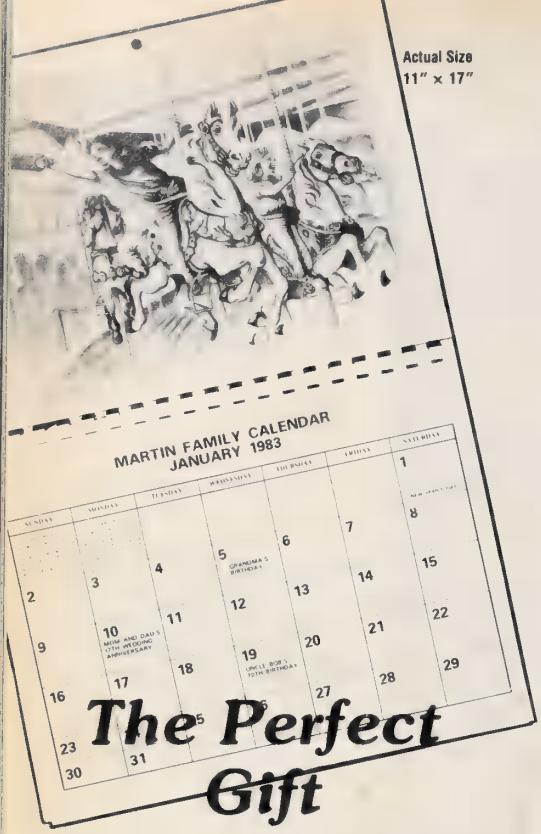
Drain juices from birds into pan; a

Pheasant for two: *Serve bird with braised onions, glistening warm grapes, and pomegranate seeds. Accompany the bird with a sour cream sauce made from pan drippings*

Mallards for four: *Split pair of roasted ducks into halves; accompany with sautéed apples, tart cranberry relish, creamy mashed turnips*

DARROW M. WATT

Squab dinner for six: *Allow 1 bird per person. Serve with poached pears, wild rice, red wine sauce. Prepare chukar and quail the same way; use 1 chukar or 2 or 3 quail each*



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birds on a large platter; lift pears from wine and put alongside; keep warm.

Pour pan drippings into the frying pan, add shallots, and stir over high heat for 1 minute. Add broth and ¾ cup of the pear poaching liquid. Boil rapidly until sauce is reduced to ⅔ cup. Turn heat to low and add remaining butter all at once; stir constantly until butter melts and blends into sauce. Pour sauce through a wire strainer into a small bowl.

Ladle sauce over individual portions. Allow 1 squab or chukar or 2 or 3 quail per serving. Serves 6.

Both pheasant and guinea fowl have white meat. A guinea fowl looks darker because it has a lavender-hued skin; it also tends to have a shallower breast and less meat than a pheasant of comparable size.

For this recipe, you sauté the bird before roasting. Braise small onions, then toss in seedless grapes and tart pomegranate seeds for a tasty garniture. Brandy flavors the sauce.

Fresh spinach makes a good side dish.

Pheasant or Guinea Fowl with Jeweled Fruits

- 1 pheasant, about 2½ pounds; or 1 guinea fowl, 1¾ to 2½ pounds
- ¼ cup (⅛ lb.) butter or margarine
- 10 to 15 small onions, about 1½-inch diameter
- ½ cup water
- ⅓ cup sour cream
- ½ teaspoon cornstarch
- ½ cup regular-strength beef broth
- 2 tablespoons brandy
- ⅛ teaspoon tarragon leaves
- 1½ to 2 cups seedless green grapes
- ½ to 1 cup pomegranate seeds

Rinse bird inside and out and pat dry. Reserve neck and giblets for other uses.

Melt 2 tablespoons of the butter in a 10- to 11-inch frying pan over medium-high heat. Add pheasant or guinea fowl; turn to brown all sides (about 3 minutes).

Arrange bird breast up, on a rack in an 11- by 14-inch roasting pan. Roast in a 450° oven until breast meat at bone is white with a touch of pink; the meat should look moist but not soft and wet (to test, make a slash to breast bone parallel to wing joint). Allow about 20 minutes for smallest size, 25 minutes for the largest.

While bird roasts, melt remaining 2 tablespoons butter in the frying pan over medium heat. Add peeled onions; cook, turning frequently, until golden. Add water, cover, and cook until onions are just tender when pierced and liquid has evaporated, about 20 minutes. Before serving, add grapes and pomegranate seeds and stir until warmed.

Set roasted bird on a serving platter with onions and fruit alongside; keep warm. Mix sour cream with cornstarch and add to roasting pan with broth, brandy, and tarragon. Boil on high heat, whisking constantly, until reduced to ½ cup.

Carve bird and spoon sour cream sauc over individual portions. Serves 2 or 3.

Far leaner than domesticated duck a more emphatically flavored, mallar take well to the woodsy taste of junipe Juniper-flavored gin bastes the bir along with juniper berries, it seasons t sauce. Sautéed apples and cranberries with the ducks. Consider creamy mash turnips as the vegetable.

Brace of Ducks with Apples, Cranberries, and Juniper Cream Sauce

- 2 mallard ducks, each about 2½ pounds
- ½ cup gin
- Paprika
- 1 cup regular-strength beef broth
- ¼ cup whipping cream
- ¼ teaspoon fresh or dry rosemary leaves
- 6 juniper berries, lightly crushed
- Sautéed apples (recipe follows)
- 1 small can (8 oz.) whole cranberry sauce

With tweezers, pull out any large feathers. If duck is fuzzy with small fea ers, hold over a flame to burn feathers

Rinse ducks inside and out and pat d reserve neck and giblets for other us Brush ducks inside and out with about cup of the gin, then sprinkle outside ducks lightly with paprika.

Arrange ducks, breast down and seve inches apart, on a rack in an 11- by 14-i roasting pan. Roast in a 450° oven for minutes. Turn birds breast side up. C tinue to cook until breast is still red moist at bone, but no longer wet-look about 15 minutes more. To test, slash fr just above wing joint to breast bone.

Transfer ducks to a serving platter, dr ing any juices into pan; keep ducks wa Skim and discard fat from pan. To add remaining gin, broth, cream, r mary, and juniper berries. Boil rap over high heat, uncovered, until red to ¾ cup. Pour sauce through a strainer into a bowl.

To present, arrange apples around d and dot fruit with some of the cranb sauce. Accompany with pan sauce remaining cranberry sauce. To s ducks, split lengthwise through breast backbone; do this with poultry shears drive a long heavy knife through bones, hitting blunt side of knife wi wooden mallet). Allow ½ duck per ing. Makes 4 servings.

Sautéed apples. Peel, core, and th slice about 4 medium-size **Golden cious apples** and mix with 2 tablesp **lemon juice.** Melt 3 tablespoons **butt** margarine in 12- to 14-inch frying over medium-high heat. Add the slices and turn frequently until brown and soft when pierced, 5 to 7 utes. Keep warm.

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Coconut-loaded haupia cake

Hawaiian bakers sometimes thin the tra ditional coconut pudding called haupia make a spreadable topping and filling f a sponge-type cake. Garnished with gra ed fresh coconut, this dessert makes delightful ending to the Hawaiian Chris mas dinner on page 66.

Haupia Cake

- 8 eggs, separated
- 1½ cups sugar
- 3 tablespoons water
- 2 teaspoons baking powder
- 1 cup all-purpose flour
- Haupia filling (recipe follows)
- About 1½ cups freshly grated coconut (directions follow)

Grease a 9- by 12-inch baking pan. Li pan bottom with waxed paper and grea paper well. Spread batter evenly in pa

In a large bowl, beat the egg whites un frothy. Gradually beat in ½ cup of t sugar until stiff moist peaks form.

In a small bowl, beat together the e yolks, remaining 1 cup sugar, the wat and the baking powder until thick a lemon-colored. Gently fold the egg y mixture and the flour into the bea whites until blended.

Bake in a 350° oven until top springs ba when lightly touched, 30 to 35 minut Let cool on a wire rack about 10 minu (cake will settle slightly). Cut around p sides, then turn cake out of pan, peel paper, and cool thoroughly on rack.

Split cake in half to make 2 layers. Pl one layer, cut side up, on serving plat Lay strips of waxed paper under edge cake to protect platter from spills. Spr ⅓ of the haupia filling thinly over cut s Top with remaining layer, smooth side Spread remaining filling over top sides. Sprinkle with coconut. Cover chill at least 4 hours or overnight. Ge pull paper from beneath cake. Serves 2

Haupia filling. In a 1- to 2-quart pan, together 3 tablespoons **cornstarch** an cup **sugar**. Blend in 1 cup **water** (or li from fresh coconut). Add 1 can (12 **frozen coconut milk**, thawed; stir over dium heat until mixture boils. Mix i teaspoon **vanilla.** Cool; sauce will thic

Freshly grated coconut. Puncture eye end of **coconut** with a nail; drain li (reserve or discard). Bake coconut 350° oven for 30 minutes. Crack wi hammer; pry out meat with a blunt k Peel off brown skin with a vegetable er. Rinse and dry pieces. Whirl ½- cubes of coconut in a processor or bl until grated. A small coconut yields a 3 cups grated coconut.

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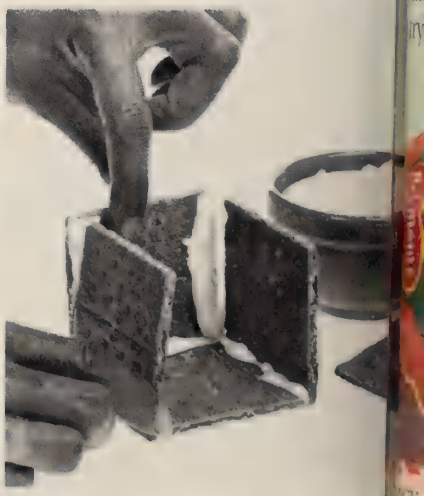
An olive is just an olive...unless it's a Lindsay.®

Young architects compare their works. Double-chimney design won award for the most daring

TERI SANDS

Cooky houses are prefab . . . built with graham crackers

Seal graham walls at bottom side joints with icing. Let dry to set, then top with peaked roof



These edible houses are quickly assembled because they are built with prefabricated units—graham crackers. You simply cement crackers together with frosting. When they're dry, decorate them with trimmings of pretzels, cereal, raisins, nuts, or candies.

Graham Cracker Houses

For each house, you'll need 7 **graham cracker squares.** Apply **cement icing** (recipe follows) to bottom and side edges of house front, back, and walls; fit these together on a firm surface. Let stand a few minutes for icing to set, then apply icing to top edges; set 2 crackers on top for roof. Seal roof peak with frosting. Let dry. *S. S., Sacramento.*

Cement icing. With an electric mixer, beat together until foamy 2 **egg whites,** 2 teaspoons **water,** and ⅛ teaspoon **cream of tartar.** Gradually add 3 cups sifted **powdered sugar,** beating constantly until stiff. Use at once. Makes 1½ cups, enough for 6 to 8 houses. □

This graham-cracker village was put together by adults, who couldn't resist the fun

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Sour cream

rown meat in skillet; drain. Stir in Burrito Filling Mix and eat through. Dampen each tortilla with water. In hot, ungreased illet, heat and turn each tortilla until soft and pliable. Place proximately ½ cup of meat mixture on each warmed tortilla. old sides of tortilla over filling to center. Fold bottom over ling and roll up, enclosing filling completely. Serve topped ith Diced Green Chiles, Salsa, avocado and sour cream. akes 8 to 10 burritos.

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EL MONTE MEXICAN FOODS

DARROW M. WATT

Loaded with barley and dotted with green peas, this soup makes a quick winter meal

Quick winter soups with plump, chewy barley

Humble beads of pearl barley star in these satisfying company or family soups. In the first, chewy broth-plumped barley contrasts with tender little peas. In the second, the grain gives body to a smooth, egg-thickened lemon broth.

Barley takes about a half-hour to cook, so both soups go together in a short time.

Creamed Barley-Prosciutto Soup

- ¼ cup (⅛ lb.) butter or margarine
- ¼ cup finely chopped shallots
- 1 cup pearl barley
- 5½ cups regular-strength chicken broth
- ¼ pound prosciutto or other dry-cured ham, cut into thin ribbons
- ¼ teaspoon pepper
- 1 cup whipping cream
- 1 package (10 oz.) frozen petite peas, thawed
- 1 cup (about 4 oz.) grated or shredded Parmesan cheese
- Whole nutmeg

In a 5- to 6-quart pan, stir butter and shallots over medium heat until shallots are limp. Add barley; stir until it turns light golden. Stir in broth, prosciutto, and pepper. Bring to a boil; cover and simmer until barley is tender, about 30 minutes. Add cream and peas; cook just to heat. Offer cheese and nutmeg (with a grater) to top servings. Serves 6 to 8.

Barley Lemon Velvet Soup

- 2 quarts regular-strength chicken broth
- 1 cup pearl barley
- 4 eggs
- ¼ cup lemon juice
- Chopped parsley
- Lemon slices

In 5- to 6-quart kettle, boil broth over high heat to reduce by half. Add barley, cover, and simmer until barley is tender, about 30 minutes. With a wire whisk, beat eggs and lemon juice until frothy. Gradually beat 1 cup of hot broth into eggs. Return to kettle and stir over low heat until soup thickens slightly. Top each serving with a sprinkling of parsley and a lemon slice. Makes 6 to 8 servings.

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¼ cup Gold Medal® all-purpose flour
1 egg
1 cup water

Heat oven to 350°. Grease bottom only of loaf pan, 9x5x3 or 8½x4½x2½ inches. Mix all ingredients in bowl with fork. Stir vigorously until batter is of uniform color and consistency, about 1½ minutes. Pour batter into pan. Bake until wooden pick inserted in center comes out clean, 40 to 50 minutes.** Cool 10 minutes; remove from pan.

*If desired, mix in ½ cup mashed ripe banana; decrease water to 2/3 cup.

**Bake spice raisin cake mix 1 hour. Do not underbake. (Wooden pick test is not accurate.)

NORMAN A. F

Guests discover new tastes at Indian appetizer party. Tasty vegetarian morsels include crunchy rice loops and garbanzo tw peppery mung balls and patties with yogurt and chutney, potato-filled bread balls, spinach bites (with p

Twists, loops, balls . . . spicy appetizers from India

Growing up in Sarat in western India, Malvi Doshi learned to cook the traditional vegetarian dishes of that region. Among them are various savory snacks.

In India, these spicy but nourishing tidbits are eaten throughout the day and especially at teatime in the late afternoon.

You could choose any one dish to offer as a party appetizer. Or present the collection as an informal Indian meal.

Serve Indian milk-tea or a cool fruit drink as the accompanying beverage. If you want wine, select one with some sweetness, such as a Gewürztraminer or a rosé, to stand up to the food's warm spiciness.

You can regulate the heat level in these recipes by varying the amounts of hot chili and pepper used. Chickpea (garbanzo) flour, rice flour, and mung beans are available in many health-food stores and where Middle Eastern foods are sold. To grind whole spices, use a blender, coffee grinder, or mortar and pestle.

To toast cumin seed, called for in several recipes, stir the seeds in a small frying pan over medium heat until lightly browned.

Spicy Rice Loops

In bowl, sift 2 cups **rice flour** with ½ teaspoon **salt** and ⅓ to ¾ teaspoon **cayenne.** Add 1 tablespoon toasted **cumin seed** (see preceding directions), finely ground, and 4 teaspoons **sesame seed.** Cut in 2 tablespoons **butter** or margarine; mix with your fingers until coarse crumbs form. Peel a 1-inch cube of **fresh ginger** and put cut pieces through a garlic press or grind to a paste with mortar and pestle; add to flour mixture with 1 cup **unflavored yogurt.** Mix well, adding a little **water,** if needed, to make a very soft dough.

Put a portion of dough at a time into a pastry bag or cake decorator fitted with a star-shaped tip (about ¼-inch diameter). Pour 1½ to 2 inches **salad oil** into a wok or deep 3- to 4-quart pan and heat to 350°. Press dough into hot oil, making 1 or 2 loops for each. Fry 3 or 4 at a time, turning, until golden brown, 1½ to 2 minutes. Drain on paper towels.

If made ahead, cool, then store airtight at room temperature for up to 2 days. Makes about 3 dozen.

Garbanzo Chili Twists

In bowl, sift 2 cups **chickpea** (garbanzo) **flour** with ½ teaspoon **salt** and ⅓ to ¾ teaspoon **cayenne.** Add 1 tablespoon toasted **cumin seed** (see preceding directions), finely ground. Cut in 2 tablespoons **butter** or margarine and work with fingers until fine crumbs form. Gradually add cold **water** (½ to ¾ cup), mixing w fork until consistency is like a thick p

Put part of mixture at a time into a p bag or cake decorator fitted with a tip (⅛- to ¼-inch diameter). Pour 1½ inches **salad oil** into a wok or deep 3- quart pan and heat to 375°. Press d into hot oil, making 3 or 4 loops for Fry 3 or 4 at a time, turning, until go brown, about 2 minutes. Drain on p towels. If made ahead, cool, then

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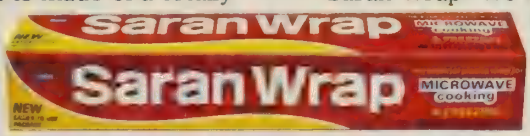

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Note: Saran Wrap is not to be used in a conventional oven or with the browning element in microwave ovens. *Trademark of The Dow Chemical Company

1 • *Press damp bread slice to flatten; then filling goes in center*

2 • *Bring bread edges together; pinch to seal filling inside*

NORMAN A. PLA

3 • *Just before serving, fry balls in hot oil until crisp and brown*

airtight at room temperature up to 1 week. Makes about 3 dozen.

Crisp Mung-Bean Balls

Rinse and pick over 1 cup **mung beans** (whole, with green exterior); put into a bowl, cover with 6 cups warm **water,** and soak overnight at room temperature.

Drain beans well and blot with paper towels to remove excess moisture. Coarsely cut 1 **fresh green Fresno chili,** including seeds (or 2 small, dried hot red chili peppers) and a 1-inch cube of **fresh ginger** (peeled); whirl in a food processor or blender until finely chopped. Add beans, ¼ cup chopped **fresh coriander** (cilantro), ⅛ teaspoon **soda,** ½ teaspoon **salt,** and about ¾ teaspoon cracked **black pepper.** Process in short bursts just until mixture is coarsely and evenly chopped and holds together when pressed.

Dampen hands in cold water and shape mixture into balls (1 scant tablespoon per ball). Pour about 2 inches **salad oil** into a wok or deep 3- to 4-quart pan and heat to 375° to 400°. Set balls on a slotted spoon and lower into fat (to avoid splashing). Fry 8 to 10 balls at a time, turning, until golden brown, about 5 minutes. Drain on paper towels. If made ahead, cool, then freeze. Heat frozen balls, uncovered, in a single layer on a pan in a 350° oven about 10 minutes. Serve with **date chutney** (recipe follows). Makes about 3 dozen.

Date Chutney

Peel and coarsely cut a 1-inch cube of **fresh ginger;** whirl with 1 teaspoon toasted **cumin seed** (preceding) in a food processor or blender until finely ground. Add 1 cup pitted **dates** (lightly packed) and 3 tablespoons **lemon juice.** Whirl until finely chopped, adding **water** (about ⅓ cup) to achieve consistency of apple butter. Season to taste with **cayenne** (about ½ teaspoon) and **salt.** Makes about 1 cup.

Mung Bean Patties

Prepare **crisp mung bean balls** (preceding). Push balls down into a bowl filled with hottest tap **water;** let stand 5 minutes. Drain and press each between your palms to squeeze out water and flatten; arrange on a plate. Serve with about 1 cup **unflavored yogurt, date chutney** (preceding), toasted crushed **cumin seed** (preceding), and **cayenne.** Eat with a fork.

Spinach-Garbanzo Bites

In bowl, sift 2 cups **chickpea** (garbanzo) **flour** with ½ teaspoon *each* **ground cinnamon** and **turmeric,** ⅓ to ¾ teaspoon **cayenne,** ½ teaspoon **salt,** and ¼ teaspoon **soda.** Stir in 1 tablespoon firmly packed **brown sugar** and 2 teaspoons **sesame seed.**

Mix in 2 tablespoons **salad oil** until coarse crumbs form. Wash leaves of about ½ pound **spinach,** pat dry, and chop enough to make 2 lightly packed cups. With your hands, work spinach into flour mixture until spinach is limp and mixture is moist. Gradually work in about ¼ cup **unflavored yogurt** until well blended and consistency of drop-cooky dough. Divide into 6 equal portions; with hands moistened in water, shape into logs about 1 inch in diameter.

To steam logs, set 1 inch apart on a rack at least 1 inch above boiling water inside a covered pot; cook for 15 minutes. Remove logs, cool slightly, and cut into about ⅓-inch-thick slices. In an 11- to 12-inch frying pan, heat ¼ cup **salad oil** over medium heat. Add 1 teaspoon **mustard seed** and 2 teaspoons **sesame seed** and stir until lightly browned. Remove from hea add slices all at once, and gently turn coat all sides. If made ahead, cool, wr airtight, and freeze up to 2 weeks. Rehea covered, in a single layer on a pan in 350° oven for about 15 minutes. Ser with picks. Makes about 4 dozen.

Potato-filled Bread Balls

Peel and dice enough cooked **potato** (about 3 medium size) to make 4 cups. a 10- to 11-inch frying pan, heat 2 tab spoons **salad oil** over medium heat. Add teaspoon **fenugreek seed** (optional) a stir until seeds just start to brown.

Add ¾ cup chopped **onion,** the potatoes large clove **garlic** (minced), ½ teaspo **salt,** and ¼ teaspoon *each* **cayenne** a **turmeric.** Increase heat to medium-hi and cook, turning with a spatula a mashing slightly, until lightly brown about 15 minutes. Remove from heat a stir in 1 tablespoon **lemon juice** and ¼ c coarsely chopped **fresh coriander** (cil tro). Cool to room temperature.

Remove crusts from 1 large loaf (1½ l or 24 slices) **sliced white sandwich bre** Fill a shallow bowl with **water.** For ea ball, lightly dip one side of a bread slic water; press and flatten with pal squeezing out excess water. Place rounded tablespoonful of potato mixt in center, bring edges together on top, pinch to seal (if needed, moisten edges made ahead, cover and refrigerate up days.

Bring balls to room temperature. Just fore serving, pour 2 to 3 inches **salad o** a wok or deep 5-quart pan; heat to 3 Fry 4 or 5 balls at a time until brow and crisp, 2½ to 3 minutes. Drain paper towels. Serve with **date chut** (preceding) or purchased Major Gr chutney. Makes 2 dozen.

Indian Milk-Tea

In a 2½- to 3-quart pan, combine 4 **water,** 2 cups **milk,** 1 cup loosely pa **fresh mint leaves,** 2 teaspoons crum **dry lemon grass** (optional), ¼ teasp *each* **ground cardamom** and **pepper,** a to 4 teaspoons **sugar.** Bring to a boil medium heat and boil 2 minutes. A tablespoons **black tea leaves,** remove heat, and let stand 5 minutes. Strain serve. Makes about 6 cups.

To make twists, press garbanzo-flour dough through decorating tube (with plain tip) into oil; fry until golden-crisp. Remove and drain

SUN

CALIFORNIA GOLDEN RAISINS

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- 1-1/2 CUPS BUTTER
- 2 CUPS SUGAR
- 6 EGGS, SEPARATED
- 1/2 TEASPOON CREAM OF TARTAR
- 1 CUP MILK
- 1 TEASPOON BRANDY EXTRACT (OR 3/4 CUP MILK, 1/4 CUP BRANDY)
- 1 TEASPOON VANILLA
- 3-1/2 CUPS FLOUR
- 1/2 TEASPOON SALT
- 2 CUPS GOLDEN RAISINS
- 1 CUP CHOPPED, DRIED APRICOTS
- 1/2 CUP CHOPPED CANDIED ORANGE PEEL
- 1 CUP COARSELY CHOPPED WALNUTS

BEAT BUTTER UNTIL LIGHT AND CREAMY. GRADUALLY ADD SUGAR, BEATING UNTIL SMOOTH. BEAT EGG YOLKS TOGETHER LIGHTLY AND ADD. COMBINE MILK, BRANDY AND VANILLA. MIX FLOUR AND SALT TOGETHER. ALTERNATELY ADD MILK MIX AND FLOUR MIX TO BUTTER MIX. FOLD IN FRUITS AND NUTS. BEAT EGG WHITES WITH CREAM OF TARTAR UNTIL STIFF BUT NOT DRY. FOLD WHITES INTO BATTER GENTLY BUT THOROUGHLY. POUR MIXTURE INTO TWO BUTTERED AND FLOURED SIX-CUP MOLDS. BAKE AT 275° FOR 2-1/2 HOURS OR UNTIL THEY TEST DONE. COOL. UNMOLD.

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Updating chicken and noodles

***Pour hot fettucine** into cream with roasted chicken and red peppers. Serve garnished with crisped chicken skin, orange peel, and coriander*

Shaking off the commonplace ima chicken goes with noodles in up-to-d style in this economical dish. Fresh pa and roasted chicken combine with cre bright red pimiento, orange zest, and fr green coriander.

Practicality is a guiding factor. You r a whole chicken and make use of e part. After the chicken is roasted, the is roasted again to make it crisp crackling to top noodles. The dripp become part of the sauce; you can save the bones to make stock later.

Chicken and Noodles with Pimiento

- Broiler-fryer chicken (3½- to 4 lbs.)
- 1 large orange
- 2 large fresh pimientos or red bell peppers, stemmed, seeded, and cut into thin strips
- 2 cups whipping cream
- 1 teaspoon crushed dried hot red pepper
- 1 package (about 10 oz.) fresh fettucine or tagliarini
- 4 quarts boiling water
- ½ cup fresh coriander (cilantro) leaves
- Salt and pepper

Rinse chicken; reserve giblets for uses. Pull off and discard lumps of fa chicken, breast up, in a 9- by 13-inch Bake in a 400° oven for about 1 ho

SU

DARROW M. WATT

u l legs move easily when jiggled.

E in juices from chicken into pan and set c ken aside. Scrape drippings, including b wned bits, from pan and reserve. When c enough to touch, pull skin in large s ions from chicken and lay fat side d n on a rack in the baking pan. Bake at 4 ° until very crisp, 15 to 20 minutes.

M nwhile, pull meat from bones and tear in bite-size chunks; set aside. (At this p t, you can cover and chill these in- g ients overnight; let skin come to room te perature before using.)

W a zester, cut zest from orange (or use a getable peeler, then cut peel in fine s ds). Save orange for other uses.

In 10- to 12-inch frying pan, combine th pan drippings and pimientos over m um-high heat; stir until pimiento is lin Add cream, hot pepper, and half the or peel. Boil until reduced to half. A chicken, heat, and keep warm.

M nwhile, cook pasta in boiling water un tender to bite, about 4 minutes. Dr n and add to chicken. Lift with forks to end; pour onto a platter. Crumble ch en skin on noodles; garnish with cori- an and rest of peel.

Sa and pepper individual portions to ta Serves 5 or 6. □

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Gifts for those who like to eat really well

A flavorful surprise, *California champagne, golden caviar, and dense-textured black bread in a basket create a sure-to-please specialty food gift*

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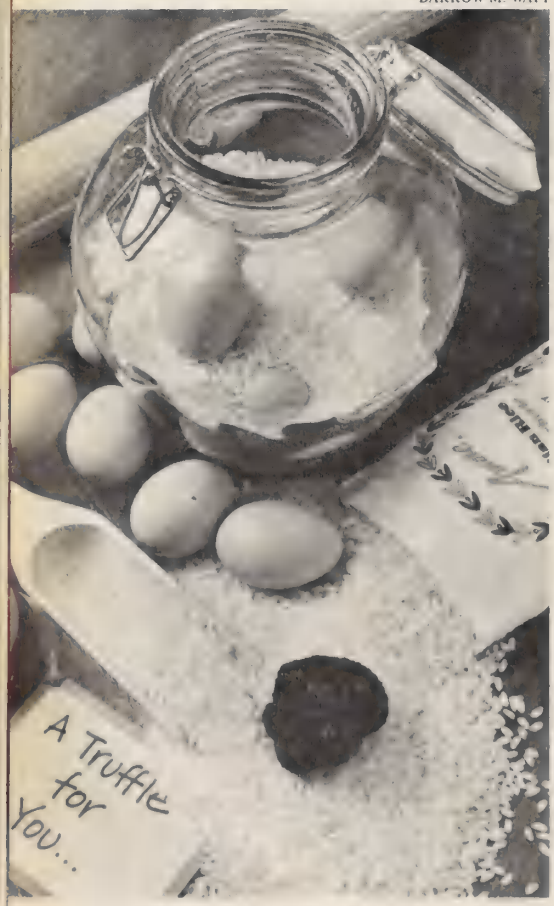

French truffle *weighs less than 1 ounce, adds aroma and taste to eggs and rice enclosed in jar and refrigerated*

Well-stocked grocery stores and fancy food shops have always been great resources for stocking stuffers—the Christmas orange, nuts in the shell, and assorted colorful candies. But these stores are also fine resources for more serious shopping. Here we put together some classy food gifts, tailored to delight people on your list who like to eat well.

Contents of the gifts include champagne, caviar, fresh truffle, the makings fo superb salad dressing, a first course t introduces a delicate oil, and an appe ing display of mushrooms. With so you may want to write out suggestions use; others are ready to open and ser

Caviar and champagne

A basket with champagne, caviar, black bread can be the first packag

Wire lettuce basket *holds fancy makings for salad dressing: extra-virgin oil, wine vinegar, Dijon mustard, and shallots*

Hazelnut oil, *unshelled filberts, limes, and avocados make up the ingredients a simple but festive first course*

Warm up to hot Grape-Nuts.®

CEREAL

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And warm up to the great hot
taste, from an unexpected place.

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Hot Grape-Nuts Recipe

1/4 cup POST® GRAPE-NUTS® Brand Cereal
1/3 cup milk
1 teaspoon sugar (optional)
1 teaspoon butter (or margarine)

Combine all ingredients in saucepan. Bring to a boil, reduce heat and simmer 1 minute, stirring occasionally. Top with your favorite fruit and spice, and serve hot with additional milk, if desired. Makes 1 serving.

DARROW M. WATT

Bamboo steamer holds about a pound of mushrooms. Clockwise from top: slender enoki with tiny caps, regular buttons, chanterelles, shiitake, and tree oyster

open on Christmas Eve or one to save for a quiet New Year's Eve at home. Choose a sparkling wine to suit your budget, either bottle-fermented ($10 and way up) or bulk process ($5 or less). Use the same discretion with caviar—from fresh sturgeon ($25 to $30 an oz.) to a jar of crunchy lumpfish (closer to $1 an oz.). Or buy golden caviar, sold fresh, frozen, or pasteurized in jars ($1 to $2.50 an oz.). Suggest the recipient prepare chopped onion, sour cream, and lemon juice to enjoy with your gift offerings.

Truffle with eggs and rice

You may have to call around to locate a fresh truffle. But in major cities in the West, truffles—black if they're fr France, white if from Italy—can be fou in November and December. Sea among fine food stores and cheese sh that handle French or Italian chee Shipped by air, truffles keep for seve weeks in the refrigerator (provided t are firm when received) and freeze longer storage. Although the price i steep $22 to $35 an ounce, a nice-si truffle weighs less than an ounce.

Package truffles in a large covered with eggs and rice, with directions to k refrigerated. The intense aroma of fungus is absorbed by the yolks in ab 24 hours; use flavored eggs for omelets scrambling. The rice not only cushions eggs, it also absorbs the scent and ma delectable risotto. Eggs and rice can replenished several times during the of the truffle. Truffles can be finely s ered and added sparingly to egg dis risotto, or pasta and cream, or sliced slip under the skin of the holiday b before roasting.

The classic vinaigrette

Package a bottle each of extra-virgin o oil, a good wine vinegar, a jar of D mustard, and several shallots. In t you'll spend $10 to $25. Write out structions: blend 2 to 3 parts oil wit part vinegar, add mustard for tart and enough minced shallots to no then serve on crisp greens.

Hazelnut oil with avocados and lime

Avocados are a good partner for fragrant hazelnut oil. The oil adds a taste to the avocados. Give directions this simple first course: generously m en avocado halves with the oil and a squeeze of lime juice; salt and pepp taste. Use 2 parts oil and 1 part juice delicate dressing for butter lettuce. ered at room temperature, the oil ($10 pt.) keeps for months.

Exotic mushrooms

With the introduction of cultured O tal mushrooms in the West, you are a encounter them in the produce se These include white, long-stemmed ($4.50 to $6.50 lb.), dark brown mushrooms or shiitake ($5 to $10 and cream- to gray-colored cluste tree oyster or abalone mushrooms ($5 lb.). In addition, golden-hued, pet-shaped chanterelles ($8 to $15 lb occasionally available. As a gift, mushrooms unwashed; instruct the wrapped in paper towels in a plastic then refrigerated—they'll last a w they are firm and unblemished.

Use mushrooms whole or sliced. Tri any tough or woody parts, rinse and then place without crowding in a frying pan with ⅛-inch melted b sauté just until limp, adding enoki last. Salt and pepper, then serve wit téed or grilled meat or fish.

It's naturally delicious and no mess!

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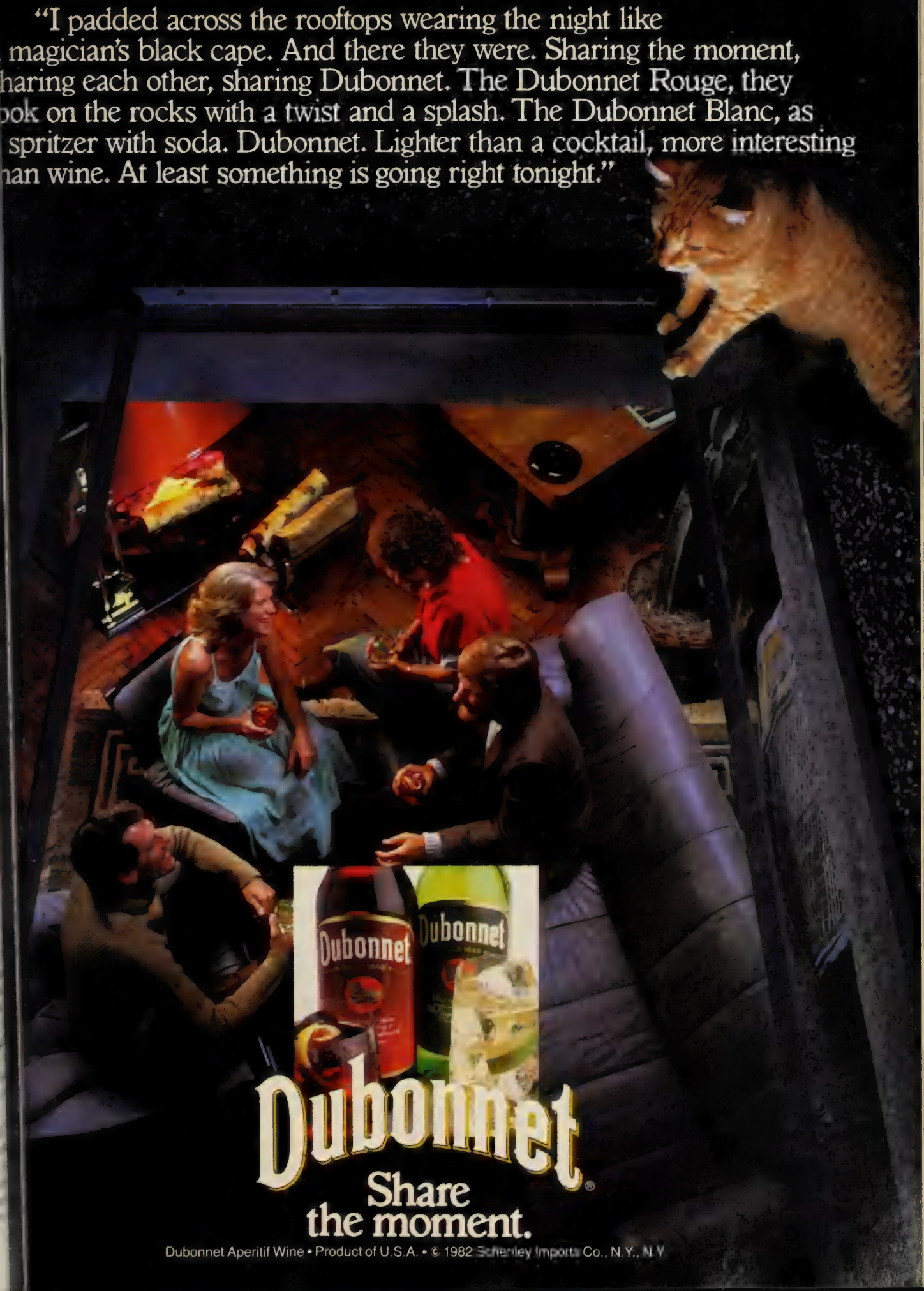
"I padded across the rooftops wearing the night like
magician's black cape. And there they were. Sharing the moment,
haring each other, sharing Dubonnet. The Dubonnet Rouge, they
ook on the rocks with a twist and a splash. The Dubonnet Blanc, as
spritzer with soda. Dubonnet. Lighter than a cocktail, more interesting
han wine. At least something is going right tonight."



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Sparkling Cider has the clean taste of apples.

Both are made with 100% pure fruit juice, so they're a natural choice. And they have enough bubbles for any celebration.

NON-ALCOHOLIC

Holiday Applesauce-Nut Bread

1 1/3 c. all-purpose flour
2/3 c. any Roman Meal® Cereal
1/2 c. sugar
2 tsp. baking powder
1 tsp. baking soda
1/2 tsp. cinnamon
1/4 tsp. nutmeg
1/4 tsp. cloves (optional)
1/2 c. chopped nuts
1 c. applesauce
1/3 c. vegetable oil
2 eggs
1 tsp. vanilla

Combine dry ingredients, including nuts, in large mixing bowl. Beat applesauce, vegetable oil, eggs and vanilla in small bowl. Stir into dry ingredients. Bake in greased 9×5×3-inch loaf pan at 350°F. about 50 minutes, or until wooden pick inserted in center comes out clean. Cool in pan on rack 5 minutes. Remove from pan; cool completely.

MICROWAVE: Mix as directed. Spread batter in greased 9×5×3-inch glass loaf pan. Microwave on Bake (70% power) 10 to 12 minutes, rotating once. Pick inserted in center should come out clean. Cool as directed.

For breakfast or brunch . . . buckwheat blini made with cottage cheese

Silver-dollar-size appeti *little blini are served* *sour cream, cranbe*

Topped with sour cream and tart cranbe ries, these tiny buckwheat blini (pa cakes) are two-bite-size appetizers. Off them warm or at room temperature. F an appetizer buffet, consider setting o an electric griddle with the batter a toppings alongside for guests to ma their own.

These blini have a nutritional bonus

For holiday entertaining, *let guests cook their own appetizer blini. The moist buckwheat batter can stand for hours*

DARROW M. WATT

r moistness comes from cottage ese. Made the size of regular pan- es, they are fine for breakfast or nch topped with your favorite syrup.

B i

- eggs
- cup small-curd cottage cheese
- cup buckwheat flour
- cup (⅛ lb.) butter or margarine, melted
- green onion tops, thinly sliced vertically
- About 1 cup *each* sour cream and canned whole cranberry sauce

tly beat together the eggs, then stir in ottage cheese, flour, and butter.

an electric griddle to 375°, or set a o 12-inch frying pan over medium when hot, grease lightly.

ach blini, spoon 1 heaping teaspoon- f batter onto griddle or pan and d into a 2-inch round. Cook, turning, golden on each side, 2 to 3 minutes Lift blini from pan and let stand on e rack (in a warm place, if desired) all are cooked. Arrange on a plate arnish with green onion tops.

blini warm or at room temperature; ach with sour cream and cranberry and eat out of hand. Makes about 4 .—*N.L., Moose, Wyoming.*

fast Blini. Follow preceding direc- for **blini**, using 2 tablespoons batter ch pancake. Spread batter into 6- ounds. Cook, turning, until golden ch side, about 6 minutes total. ; about 1½ dozen. □

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DARROW M. WATT

Dried fruits and nuts with just enough batter to bind them make this rich cake. Offer slices for dessert with coffee or port

Dried, not candied fruit in this rich fruit cake

Loaded with dried fruits and nuts, this cake is a wholesome variation on the traditional cake filled with candied fruit. It slices well, displaying a subtle, natural array of colors from orange-hued apricots, amber dates, and golden raisins.

The cake is ready to serve after several days. For added flavor, you can moisten the cake with rum or brandy as it ages.

Western Dried Fruits Cake

- 1 package (8 oz.) pitted dates
- 2 cups quartered dried apricots
- 1 cup golden raisins
- 1½ cups *each* whole blanched almonds and walnut pieces
- ¾ cup *each* all-purpose flour and sugar
- ½ teaspoon baking powder
- 3 eggs
- 1 teaspoon vanilla
- Rum or brandy (optional)

Butter a 5- by 9-inch loaf pan; line w baking parchment or waxed paper, th butter paper; set aside.

In a large bowl, combine dates, aprico raisins, almonds, and walnuts. Stir flo sugar, and baking powder to blend. A to fruits and mix evenly.

Beat eggs with vanilla to blend. Stir th oughly into fruit mixture. Spoon bat into prepared loaf pan and spread even press batter into corners of pan.

Bake in a 300° oven until golden bro about 2 hours. Cool in pan on a wire ra for 10 minutes, then turn out of pan. P off paper and let cake cool on rack.

Wrap in foil; chill at least 2 days or up 2 months. If desired, sprinkle the top the cake with 1 tablespoon rum or bra once a week. Makes 1 loaf.—*S.T., monds, Wash.*

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Unlikely plate mates: blood sausages, parsnips

DAVID STUBBS

Sweet Italian blood sausage crisps as it sautées, and takes on caramel flavor. Serve with honeyed parsnips and green onions

If you like the sweetness of parsnips and the spicy flavor of blood sausage, chances are you'll enjoy this dish.

The sausage, which develops an intriguing caramel taste when crisply browned in butter, is served alongside sautéed julienne parsnips and green onions.

Sweetly spiced Italian blood sausage is made with pine nuts and raisins. Look for it in delicatessens and Italian markets. Or substitute mild Italian pork sausages.

Blood Sausage Supper Platter

- 18 green onions, ends trimmed
- 1 pound parsnips, peeled, ends trimmed
- Water
- 2 Italian blood sausages or 4 mild Italian sausages (about ¾ lb.)
- ⅓ cup butter or margarine
- 2 tablespoons lemon juice
- 4 teaspoons honey

Cut onions crosswise into thirds; set aside. Cut parsnips crosswise in half, then lengthwise into strips about ¼ inch thick.

In a 3- to 4-quart pan, bring ½ inch water to boiling. Add parsnips and boil, covered, until tender-crisp, about 4 minutes; drai the parsnips and set them aside.

Cut sausages through casing diagonall into 2-inch pieces. In a 10- to 12-inc frying pan, melt 2 tablespoons butter o medium heat. Add sausage; cook, cu sides down, until crisp and slightly cara melized (they'll look almost black), abou 25 minutes; turn once. If using Italia sausages, cook, turning, until browne and no longer pink in center, about minutes; drain all but 2 tablespoons fat

Lift sausages from pan and arrange in th center of a platter; cover and keep warn

Melt remaining butter in frying pan ov medium-high heat, stirring to loose browned bits from pan. Stir in parsnip lemon juice, and honey. Cook, turnin gently, until golden, about 7 minutes. L parsnips from pan and arrange on pla with sausage; cover and keep warm.

Add white ends of onion to pan; coo turning, until golden, about 4 minute Add green onion tops and cook until lim about 5 minutes more. Spoon alongsi sausage. Serves 2 or 3.

Easy Enchiladas Las Palmas

Ground beef*—1 lb.
Chopped onion—½ cup.
LAS PALMAS ENCHILADA SAUCE—three 10 oz cans.
Corn tortillas—8.
Cheddar cheese (optional)—1 cup, grated.
Sour cream (optional)—for garnish.
Ripe olive slices (optional)—for garnish.

(1) Crumble ground beef into frying pan and saute with onion until meat is no longer pink. Drain grease. Mix in ⅓ cup **LAS PALMAS ENCHILADA SAUCE.** Set aside.
(2) Heat ½" depth of **LAS PALMAS ENCHILADA SAUCE** in clean frying pan. Coat each tortilla on both sides until tortilla bends without cracking.
(3) Place tortilla on plate. Fill with 3 tablespoons of meat* filling and roll. Place the rolled tortillas seam side down in a 9" x 13" baking dish. Pour the rest of the **LAS PALMAS ENCHILADA SAUCE** over them, making sure the edges are covered with sauce.
(4) Bake at 350°F for 20 minutes or until bubbly. Garnish with cheese, plus sour cream and olives if you like. Makes 8; serves a family of 4.
*For variation, substitute cooked chicken or grated cheese.

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He wants it simple, straightforward, quick. He gets out the wok

An American chef who studied cooking in French three-star restaurants, John Sweeney has developed a splendid feel for French foods, which he prepares in his own innovative style at Ma Maison in Los Angeles. But when he cooks at home, he often gets the urge for simple, straightforward flavors and bold contrasts in tastes and textures. And, because he is often in a hurry, he sometimes gets out the wok. Here is his stir-fry chicken.

The dish is Oriental in inspiration, but with a surprise from the dairy country of western Europe—a handful of blue-veined cheese added after the dish i cooked. It gives an essentially simple dis delightful zip.

And speaking of zip, watch the wasabe while it looks cool and green as jade, thi Oriental horseradish paste is *hot.*

Stir-fry Chicken with Cheese

- 2 tablespoons salad oil
- ½ cup raw shelled peanuts or unsalted dry-roasted peanuts
- 1 large whole chicken breast (about 1 lb.), boned, skinned, and cut into ½-inch cubes
- 1 medium-size onion, sliced
- 1 medium-size red bell pepper, seeded and cut into thin strips
- 2 cups bean sprouts
- ½ to 1 cup (2 to 4 oz.) coarsely crumbled blue-veined cheese
- Soy sauce
- Wasabe

Heat 1 tablespoon of the oil in a wok 12-inch frying pan over high heat; ac peanuts and cook, stirring, until light toasted, then lift out and set aside. Ac remaining 1 tablespoon oil and, when is hot, add chicken. Cook, stirring, ju until chicken is firm and white throug out, 2 to 3 minutes.

Lift out chicken and set aside. Add oni and red pepper and stir-fry until onion slightly limp, about 2 minutes. Stir bean sprouts, nuts, and chicken, and m until heated through.

Pour into serving dish and gently mix the blue-veined cheese. Pass soy sauce a wasabe to season individual portio Makes 2 or 3 servings.

John Sweeney Jr.
Los Angeles

Clams and cows are not likely, in a st of nature, to engage in any sort of pro able collaboration. Under the direction a skilled chef they can, however, be ma to sing together as the morning stars when the foundations of the earth w laid. The song they would sing is chowd

Excessive praise? If you think so, r Melville's account of a Nantucket ch der in *Moby Dick,* then consider that Northwest concedes nothing to New gland in its appreciation of clams sw ming in a creamy sea.

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ALPINE
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"Clams and cows are not likely to engage in profitable collaboration."

was formerly an A-frame fast-food chalet in Richmond Beach, just north of Seattle. Browny (Michael Brown), the owner and chef, often serves it as a starter for a meal featuring mesquite-grilled fish. Browny is a young fellow, with the frankness of youth; he admits that this chowder recipe originally came from *Sunset*, but owns that he has done some restyling.

He feels that letting the chowder sit overnight improves it; the clam flavor soaks into the vegetables. Browny will serve no chowder before its time.

Browny's Clam Chowder

- 6 slices bacon, chopped
- 2 medium-size carrots, thinly sliced
- 2 stalks celery, thinly sliced
- 1 small onion, chopped
- ½ small green bell pepper, chopped
- 1 clove garlic, minced or pressed
- 1½ pounds thin-skinned red potatoes, scrubbed
- 2 bottles (8 oz. *each*) clam juice
- 8 cans (6½ oz. *each*) chopped clams
- 1 bay leaf
- ½ teaspoon liquid hot pepper seasoning
- ¼ teaspoon pepper
- 1½ teaspoons Worcestershire
- ¾ teaspoon thyme leaves
- 4 cups (1 qt.) whipping cream
- Salt

Place bacon in an 8- to 10-quart kettle over medium heat; cook, stirring constantly, until bacon is crisp. With a slotted spoon, lift out bacon and drain on paper towels; discard all but 2 tablespoons of the drippings. Add carrots, celery, onion, green pepper, and garlic to kettle and cook, stirring often, until onion is soft.

Cut potatoes into ½-inch cubes. Add potatoes to carrot mixture with the clam juice; bring to a boil, reduce heat to low, cover, and cook until potatoes are tender when pierced, about 15 minutes. Stir i clams and their liquid, bay leaf, hot pe per seasoning, pepper, Worcestershir thyme leaves, cream, and bacon. Seaso to taste with salt. Heat until steamin then serve; or cool, cover, and refrigera as long as 24 hours, then reheat just b fore serving. Makes about 4 quarts.

Michael Brown

Richmond Beach, Wash.

To duplicate Reynold Choy's smoke-ba becued turkey, you have to plan ahea The techniques involved are not difficu but several steps in the process must taken in sequence, and some take hour

The results are clearly worth it; our ta ers found the bird to be moist and tend subtly and pleasantly flavored, with ju enough smoke. If you cook in a m climate, this dish could be a surprisi and not-too-exotic main course for yo Christmas dinner. Barbecuing would ke cooking heat out of the house and t cook with the guests.

Smoke-barbecued Turkey

- 1 turkey (12 to 14 lbs.)
- 1 tablespoon coarse salt (rock or kosher salt)
- 1¼ cups soy sauce
- 1 teaspoon sesame oil or salad oil
- 1 teaspoon dry sherry
- 6 tablespoons sugar
- 1 piece, 1 inch thick, fresh ginger, minced
- 3 large cloves garlic, minced or pressed
- 4 cups hickory chips
- Water

Remove neck, giblets, and clumps of fat from turkey; save neck and giblets other uses and discard fat. Rinse tur inside and out; pat dry. Rub salt in ca and over skin; cover loosely and refri ate for 6 to 8 hours, then rinse well pat dry.

Place turkey in a large plastic bag roasting pan. Stir together soy sauce, sherry, sugar, ginger, and garlic; over turkey and secure bag with a m twist. Refrigerate for 24 hours; turn and bag over often.

Lift turkey from marinade; drain bri Using poultry skewers, secure neck sk back. Tie wings to body with string secure them behind bird, akimbo s Leave legs untied.

Immerse hickory chips in water in a and let soak. In a covered barbe mound and ignite 40 long-burning c coal briquets on fire bed. When coals completely covered with gray ash (2 30 minutes), evenly position coals o posite sides of fire bed, place a metal pan in the center, and sprinkle a handful of well-drained hickory chips charcoal. Set cooking grill in place

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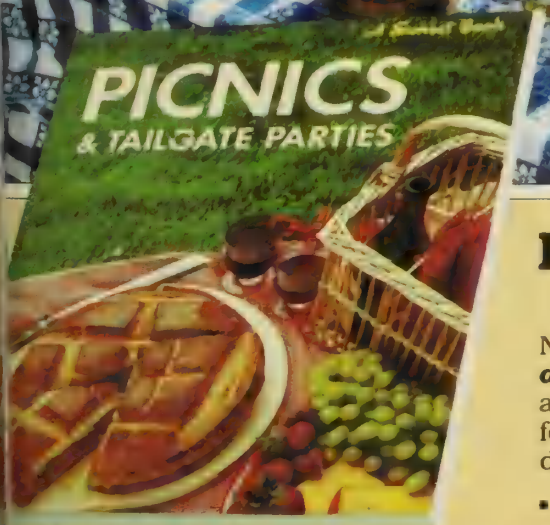

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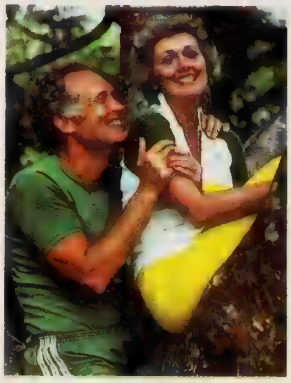

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grease lightly, then place bird, breast side up, on grill over drip pan. Cover barbecue. Every 45 minutes to 1 hour, add 4 or briquets to *each* side and sprinkle with more soaked and drained chips.

Cook until a meat thermometer inserted in thickest portion of thigh (without touching the bone) registers 185° and leg joint moves easily when it is jiggled, about 3 hours.

Lift turkey to a carving board and let stand about 15 minutes before carving. Makes about 12 servings.

Reynold J. L. Roy

Honolulu

Eben Kermit of Menlo Park, California devised this crab soufflé on the spur of the moment when unexpected guests appeared near dinner time. Obviously he was acquainted with the basic principles of soufflé-making, especially the art of incorporating air into the mixture by folding beaten egg whites into the sauce base. Our tasters found the resulting dish attractive to look upon, light on the fork, melting on the tongue, and satisfying, despite the soufflé's proverbial insubstantiality, a trait which led to one of the better political metaphors of the century. A wit referring to Thomas Dewey's second presidential campaign, said, "You can't rise a soufflé twice."

Crab Soufflé

- 3 tablespoons all-purpose flour
- ½ teaspoon dry mustard
- 1 cup milk
- 1 cup (4 oz.) shredded sharp Cheddar or Swiss cheese
- 2 tablespoons dry sherry
- ½ teaspoon fines herbes
- ⅛ to ¼ teaspoon liquid hot pepper seasoning
- 6 eggs, separated
- 1 cup crab

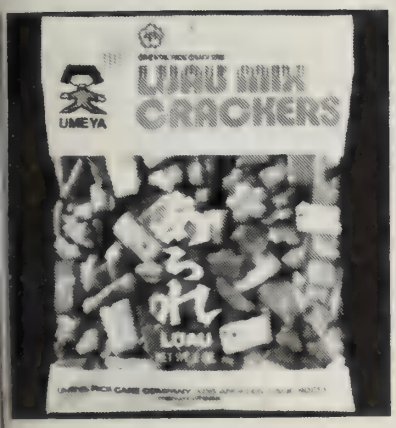
Place flour and mustard in a 3- to 4-quart pan; gradually stir in milk until smooth. Bring to a boil over medium-high heat, stirring constantly. Stir in cheese, sherry, fines herbes, and hot pepper seasoning until cheese is melted. Remove from heat, add egg yolks all at once and stir until well combined. Stir in crab and set aside.

Beat egg whites until they hold short distinct peaks. Thoroughly fold half of beaten whites into egg yolk mixture, then fold in remaining whites as thoroughly as you like. Pour into a well-buttered 1½-quart soufflé dish.

Bake in a 400° oven until top is golden brown and center feels firm when lightly tapped, about 30 minutes. Serve immediately. Makes 4 to 6 servings.

Eben Kermit

Menlo Park, Calif



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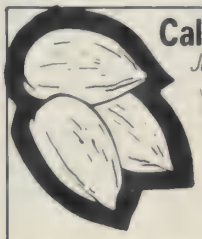

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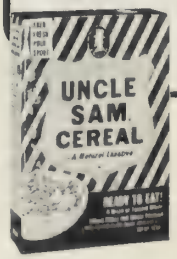

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***Thick, vanilla-flavored** chestnut spread is base of both the light and tender torte and the smooth buttercream that fills and frosts it*

Delectable chestnut desserts often begin with a sweetened purée of this mellow, slightly sweet nut. These three gala preparations follow that fashion, but instead of starting with fresh chestnuts that must be boiled, peeled, mashed, and sweetened, they make use of a convenient canned product called chestnut spread, made from puréed and candied chestnuts.

The rich brown spread, imported from France, is available in the fancy food section of supermarkets and in gourmet stores. It is usually found in either a small (about 8¾ oz.) or large (17½ oz.) can. Don't confuse the spread (*crème de marrons*) with chestnut purée (*purée de marrons*), which is unsweetened, lighter in color, and of firmer consistency.

First, there is a simple Italian-style gelato, permeated by the distinctive chestnut flavor. Next, the chestnut spread is folded into whipped cream to become a sauce for cloud-light poached meringues floating in orange custard. The torte uses chestnut spread in both the tender cake (made with bread crumbs rather than flour) and the buttercream filling and frosting.

Chestnut Gelato

In a 1- to 2-quart pan, heat 3 cups **milk** to scalding. In the top of a double boiler, beat together 6 **egg yolks.** Gradually stir hot milk into eggs. Stir over simmering water, until liquid coats a metal spoon in a thin, smooth layer, 10 to 15 minutes. Stir in 1 large can (about 17½ oz., 1½ cups) **chestnut spread.** Cool, cover, and chill.

Pour mixture into container of a 2-quart or larger ice cream maker. Freeze according to manufacturer's directions. Serve when just frozen, or freeze. Let hard gelato soften at room temperature abo minutes before serving. Makes 5 cu

Chestnut Clouds

- 4 eggs, separated
- ⅓ cup sugar
- 1 teaspoon vanilla
- 2 cups milk
- 2 tablespoons orange-flavored liqueur
- ½ teaspoon grated orange peel
- ¼ teaspoon cream of tartar
- ½ cup whipping cream
- 1 small can (about 8¾ oz., ¾ cup) chestnut spread
- Thinly pared strips of orange pee

Place egg yolks in top of a double with ⅓ cup of the sugar and vanill thoroughly. In a 1- to 2-quart pa medium-high heat, bring milk to sc then gradually stir into egg mixture double boiler over simmering wat

ok, stirring constantly, until custard ats a metal spoon in a smooth, velvety yer, 10 to 15 minutes. Stir over ice ater to cool. Stir in liqueur and orange el. Cover and chill; this much can be ne a day ahead.

a large bowl, combine egg whites and eam of tartar; beat until foamy. Gradu- y add remaining ⅓ cup sugar and beat til mixture forms stiff moist peaks. ing about 1 inch of water just to sim- ering in a 10- to 12-inch frying pan over edium heat. Reduce heat so bubbles do t break the surface. With a large spoon d spatula, shape meringue into 5 or 6 ge oval mounds and slide as many at a e as will fit in the pan of water. Cook, ning once, until meringues are set en lightly touched, about 4 minutes. th a slotted spoon, lift out and drain on vire rack. Blot off excess moisture with paper towel. Cover lightly and chill. his much can be done a day ahead.)

ortly before serving, beat cream until f peaks form. Fold in chestnut spread. r equal portions of custard sauce into 5 rimmed dessert plates. Set a meringue op of each, and mound chestnut cream r meringues. Garnish with curls of or- e peel. Makes 5 or 6 servings.

estnut Torte

- eggs, separated
- cup sugar
- small can (about 8¾ oz., ¾ cup) chestnut spread
- cup fine dry bread crumbs
- tablespoons *each* sugar and hot water
- cup orange-flavored liqueur
- Chestnut buttercream (recipe follows)
- Candied lilacs (optional)

n large bowl, beat egg whites until ny. Gradually beat in the ¼ cup sugar l stiff moist peaks form. In another l, beat together egg yolks and chestnut ad. Mix in bread crumbs; fold into egg es to blend. Spread batter in a greased floured 9-inch cheesecake pan with ovable bottom. Bake in a 350° oven top springs back when gently hed; 40 to 45 minutes. Let cool on a rack, then remove pan sides.

In small bowl, stir 1½ tablespoons sugar water until sugar dissolves. Mix in ur. Cut cake in half to make 2 layers. e bottom layer on a serving plate. ly drizzle half of the liqueur mixture cake layer, then spread with about ⅓ e chestnut buttercream. Top with layer, placing cut side down; sprinkle remaining liqueur and frost with re- ing buttercream. Garnish with can- flowers, if desired. Serve, or cover and vernight. Serves 10 to 12.

tnut buttercream. Cream together ¾ ⅜ lb.) **regular** or unsalted **butter** or arine at room temperature and 1 can (17½ oz., about 1½ cups) **chest- read.** □

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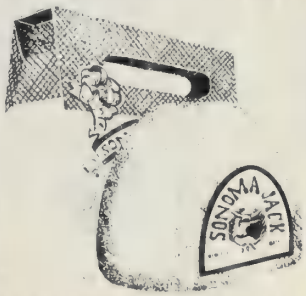

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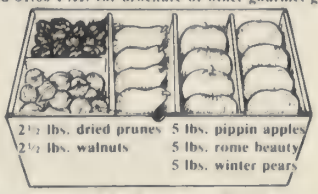

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DAVID STUBBS

***Japantown** in San Francisco is one source for cooks' tools. Toshiko Fukami, of Sanko Cooking Supply Company, explains uses for sushi box, other items*

Sushi molds as cooky cutters, chopsticks as bacon turner . . . many uses for simple Japanese cooking tools

In Japan, cooks use tools like these when preparing such dishes as sushi and potstickers. We've found they also adapt easily to the needs of Western cooks. Many are inexpensive (less than $3); none we show costs more than $10.

Simple tools such as these can be found in Japanese grocery or hardware stores and in shops where Japanese dishes and kitchen supplies are sold. Some large import stores also carry similar items.

Not all of the tools come with English instructions, but most shopkeepers are happy to translate or demonstrate, if necessary. We give some suggestions for using the items here; use your imagination to discover other household uses for these handy gadgets. □

***Cooking chopsticks** (40 cents) are long enough to keep hands far from bacon splatters. They turn meats without pierci*

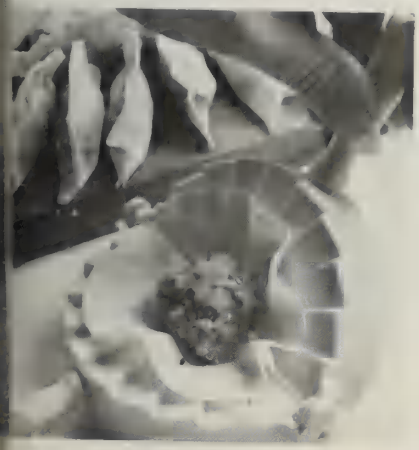
Juicer ($2.50) in whimsical bird shape presses lemon or other citrus wedges. Use at the table for salads, tea

***Egg press** ($1.30) creates square shape suitable for surprise garnish. Press peeled eggs while hot*

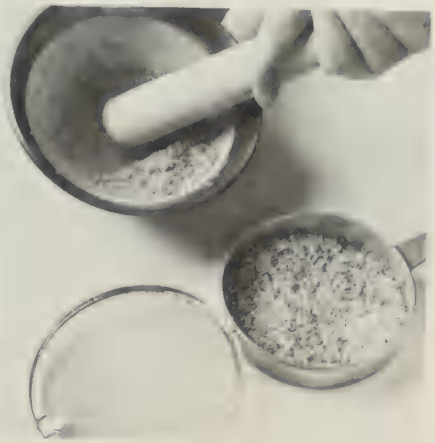
***Ginger grater** ($1.50) works equally well for Parmesan and other hard cheese also finely grates chocolate*

Vegetable cutters *in decorative shapes ($2.25) cost less than their French counterparts. Use also for cheese, pâté, aspics*

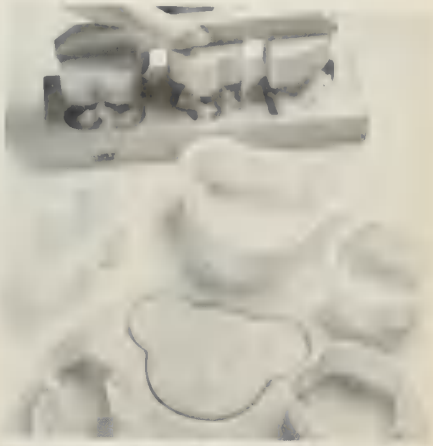
O-bento (lunch) boxes *($7.50 to $10) seal tightly. Of plastic or brushed aluminum, they're good for transporting school lunches and are sturdy for picnics or backpacking*



Pasticker press *($4) will a[illegible] crimp ravioli and other filled [illegible]dles faster than by hand*

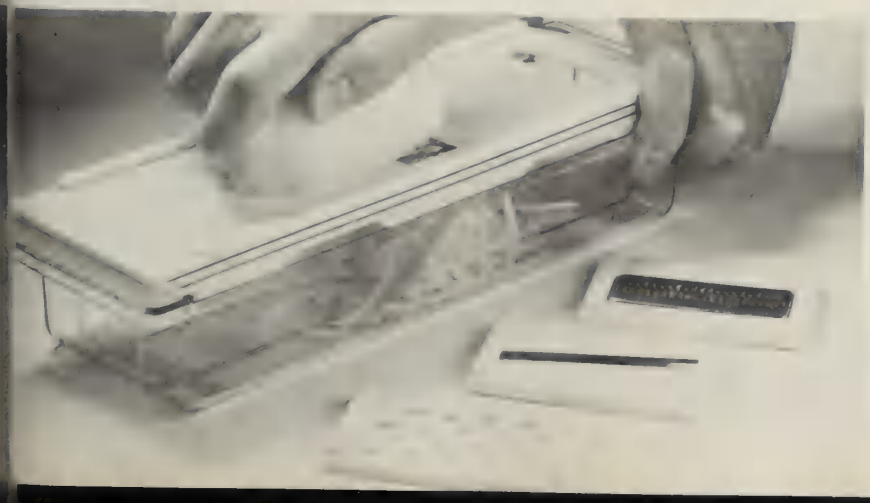


Mesh-covered pan *($2.50) is for toasting sesame seed, other nuts. Rough-sided mortar and pestle ($4.75) speeds grinding*



Two-part-sushi molds *(up to $8 for plastic set, $3 for wood mold) double as cooky cutters or cooky press*

Shedder-slicer-grater *($10) comes with four very sharp e[illegible]angeable blades and a box to collect cut food. This one w[illegible]ks as effectively as expensive French shredders*



Rectangular pan *($5 and up) is for making rolled egg slices. Roll thin omelet into log with spatula, as below, and slice*

Young bakers use cooky cutters on puff pastry to make breakfast treats. Serve with fruit and cheese

DAVID STU

DECEMBER MENUS

Pastry breakfast that the kids can help with, warm picnic for tree cutting, quick supper

December calendars are usually crowded with activities. Our menus are geared to this busy month, providing distinctive meals with minimum work.

Let young children prepare a special holiday breakfast of amusing pastries to serve with fruit and cheese.

For your annual tree-cutting outing, bring along a warming picnic lunch. The entrée can be made ahead, then heated just before leaving. Pack it in newspapers and a blanket to keep warm.

And when hectic schedules mean supper is going to be an eat-and-run affair, there's a menu based on minimum shopping and quick preparation.

Cut-and-serve breakfast

Cooky cutters are tools even very young cooks wield with skill. Here they are used on thawed sheets of purchased frozen puff pastry dough. The resulting pastries bake high and flaky. Young cooks take credit for the rest of the meal too—setting out fruit and cheese to round out the menu.

Puff Pastry Cutouts
Jam (optional)
Cheese to Slice
Pears or Persimmons
Hot Chocolate or Cold Milk

Serve the puff pastries with wedges or rounds of cheese to slice. You might select bonbel, Edam, Gouda, Jarlsberg, or la
Offer pears and crisp persimmons (s
as 'Fuyu') whole or sliced, or cut s
ends off soft persimmons and eat ou
the skin with a spoon.

Puff Pastry Cutouts

1 package (17¼ oz.) puff pastry
1 egg, beaten
2 tablespoons sugar mixed with ½ teaspoon ground cinnamon (optional)

Remove puff pastry sheets from pack
separate and let stand at room temp
ture just until pliable, 20 to 30 min
On a floured board, unfold one s
(keep remaining sheet chilled until r

ou'll get more fresh coconut taste out, now that Baker's® puts real cream of coconut in.

Only new improved Baker's® Coconut has real cream of coconut so it's fresher, moister than ever.

And your desserts taste fresher. Coconuttier.

Try new Baker's in this yummy Moist 'n Creamy Coconut Cake. One taste and you'll see, when the cream of coconut goes in, the smiles come out.

GF
GENERAL FOODS

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Moist 'n Creamy Coconut Cake

1 package (2-layer size) yellow cake mix or pudding-included cake mix
1½ cups milk
½ cup sugar
2 cups BAKER'S® ANGEL FLAKE® Coconut
3½ cups or 1 container (8 oz.) COOL WHIP® Whipped Topping, thawed

Prepare cake mix as directed on package, baking in 13 x 9-inch pan. Cool 15 minutes; then poke holes down through cake with utility fork. Meanwhile, combine milk, sugar and ½ cup of the coconut in saucepan. Bring to boil, reduce heat and simmer 1 minute. Carefully spoon over warm cake, allowing liquid to soak down through holes. Cool completely. Fold ½ cup of the coconut into whipped topping and spread over cake. Sprinkle with remaining coconut. Chill overnight. Store leftover cake in refrigerator.

to use). With floured cooky cutters, cut pastry shapes as close together as possible. Place cutouts 1 to 2 inches apart on ungreased baking sheets. Cut remaining pastry sheet. (You can reroll trimmings to ¼ inch thick, then cut; however, pastry may be slightly distorted when baked.)

Brush with beaten egg and sprinkle evenly with cinnamon sugar, if desired. Bake in a 350° oven until golden brown, about 20 minutes. Cool on wire racks. Serve warm or cooled. Makes 12 to 16 cutouts.

Tree-cutting picnic

Reward your tree-cutting crew with a portable lunch of beef simmered in spiced soy. Spoon the beef onto napa cabbage leaves and roll in flour tortillas.

Cook the meat ahead; before your outing, heat until very hot. If wrapped snugly in newspapers, then in a picnic blanket, meat and tortillas keep warm for 2 to 3 hours. Or serve the beef for a meal at home.

Anise Beef with Flour Tortillas, Napa Cabbage, Fresh Coriander
Tangerines Fortune or Almond Cookies
Gewürztraminer, Apple Juice, or Hot Tea

The beef is flavored with star anise, a Chinese spice sold in Oriental markets. The brown, star-shaped spice is often broken when packed; use 8 sections to equal 1 whole piece. Or substitute anise seeds and cinnamon sticks.

Anise Beef

- 3 to 4 pounds beef chuck roast
- 3 cups water
- ⅓ cup soy sauce
- 3 tablespoons dry sherry
- 2 tablespoons sugar
- 6 thin slices fresh ginger, each about the size of a quarter
- 2 cloves garlic, crushed
- 2 whole star anise (or ¼ teaspoon crushed anise seed and 2 2-inch cinnamon sticks)
- 10 to 12 flour tortillas
- 1 head (about ¾ lb.) napa cabbage
- 1 cup fresh coriander sprigs (cilantro or Chinese parsley)
- 6 whole green onions, roots trimmed

Place beef roast in a 5- to 6-quart pan or deep 12- to 14-inch frying pan (cut, if needed, to fit into pan). Add water, soy, sherry, sugar, ginger, garlic, star anise. Bring to a boil, reduce heat, cover and simmer, turning meat occasionally until it is very tender when pierced, 2 to 2½ hours. Remove from heat. Lift out meat; let cool. Pull meat off bones, remove and discard excess fat. Slice meat across grain into about 3-inch-long pieces, or tear meat into bite-size shreds. Skim fat from pan juices and remove star anise and ginger. Return meat to pan juices. (Cover and chill if made ahead.)

Shortly before leaving or serving, bri meat and pan juices to boiling. Co uncovered, over high heat, stirring oc sionally, until most of the pan juices ha evaporated (lower heat as juices reduc 15 to 30 minutes.

Meanwhile, stack tortillas and seal in fo Place in a 350° oven to warm, about minutes. Also set a heavy 3- to 4-qua pan or deep casserole in the oven to he When pan juices of meat are almost go transfer contents of pan to the hot cas role and cover tightly. Set tortillas heavy foil (large enough to wrap the h pan or dish); set casserole on top and s both in foil. Wrap bundle with 10 to layers of newspaper; secure with ta Place in insulated bag or wrap with bla ket. Meat will stay warm for 2 to 3 hou

Trim off about 1 inch from root end cabbage. Pack cabbage, fresh coriand and green onion in an ice chest or bag

To eat, place napa cabbage leaf on a fl tortilla, top with meat and coriander, a roll tortilla to enclose. Eat green on alongside. Makes 4 to 6 servings.

Supper on the run

This simple menu uses basic suppl you're likely to have on hand in y

BIG DIPPER

This holiday season dip into a tasty threesome—California artichokes, Alaska canned salmon, and Bernstein's salad dressing. They're terrific for brunch. Or a half-time snack. Or any holiday festivity. Quick, easy and fun to eat—put them together. And dip in.

THE BIG DIPPER

For a quick and easy party dip, drain 1 can (7¾ oz.) Alaska salmon. Reserve one chunk for garnish; flake remaining salmon. Combine flaked salmon with ¼ c. dairy sour cream, 2T. each Bernstein's Cheese and Garlic Italian Dressing and minced parsley, 2t. lime or lemon juice and a dash hot pepper sauce. Chill. Cook 1 large California artichoke by boiling, steaming or microwaving. Chill. Remove center leaves and choke. Fill with dip. Garnish with reserved salmon and parsley. Makes 4 appetizer servings.

California Artichoke Advisory Board Bernstein's Salad Dressings Alaska Canned S

CRANBERRY CORNISH WITH RICE. NICE.

CRANBERRY-ORANGE GLAZED CORNISH WITH RICE CAKES

4 Tyson Cornish Game Hens, thawed
½ C. butter, melted
GLAZE:
½ C. whole berry cranberry sauce
½ C. orange marmalade
½ C. mandarin orange segments
3 T. lemon juice
1 T. instant minced onion
RICE CAKES:
2 C. cooked MJB Long Grain Rice
½ C. minced onion
2 eggs
3 T. flour
Salt & pepper to taste

Rinse hens and pat dry. Coat inside and out with butter; sprinkle with salt and pepper. Place hens on rack in shallow roasting pan. Roast in preheated oven at 425° for 15 minutes; reduce heat to 375° and roast 45 minutes to 1 hour longer, basting occasionally with drippings. Meanwhile, combine glaze ingredients. During last 20 minutes of roasting, brush hens with glaze several times. Glaze again before serving.

Meanwhile, in large bowl, combine rice cake mixture. Drop mixture by ¼ cupfuls into hot oil in skillet. Fry on each side until golden brown and crispy. Sprinkle with paprika or parsley flakes. (Makes 8 cakes.)

Serves: 4

SAVE 50¢
ON ANY TWO TYSON® ROCK CORNISH GAME HENS

TO CONSUMER: This coupon good only for the product indicated. Only one coupon redeemed per purchase. ANY ANY OTHER USE CONSTITUTES FRAUD. Coupon not transferable. Only original coupons will be accepted for redemption. Redemption of duplicates or facsimiles constitutes fraud.
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Grocer: Please redeem this coupon at the face value on any [illegible] box MJB Long Grain White Rice. You will [illegible] reimbursed [illegible] the face value plus 7c for handling, provided you and [illegible] consumer have complied with the terms [illegible] this offer. Coupons may not be assigned or transferred by you. We will not honor redemption through outside agencies, brokers, etc. Your customer must pay any sales tax. Coupon void where taxed, prohibited or restricted. Invoices showing your purchases of sufficient stock [illegible] coupons presented for redemption must be shown [illegible] request. Cash value 1/20 [illegible] cent. For prompt redemption, mail coupon [illegible] MJB Co., P.O. Box 1487, Clinton, Iowa 52732. **Limit one coupon per item purchased. Expiration date: June 30, 1983.**

20¢ STORE COUPON 40500 103722

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"EYE OF THE SWAN"

During the holidays, the kitchen is the heart of our Sonoma Valley home. Here, the marriage of wine and food fills the air with wonderful aromas and memories of vintages past.

This year, I have asked my mother, Sylvia, and my wife, Vicki to share some of their holiday recipes with our friends.

If you will drop me a note at the address below, I will be happy to send these to you.

From my family to your family . . . Buon Natale!

Sam J. Sebastiani

Sebastiani VINEYARDS

"A Family Winery in the Sonoma Valley"

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PO BOX AA SONOMA CA 95476

kitchen. The pasta goes together in min utes. The celery hearts can be mad ahead, but if time doesn't allow for cook ing, use the dressing over greens.

Celery Hearts with Caper Dressing
Bacon-and-Egg Spaghetti
Crusty Bread and Butter
Gelato or Ice Cream

You can buy celery hearts ready to use, trim a celery bunch down to its hear Start by removing tough outer stalks. C off top 4 to 6 inches and any tough leav (reserve for another use).

Celery Hearts with Caper Dressing

- 1 large celery heart (1 lb.)
- Water
- Caper dressing (recipe follows)
- 4 to 8 canned anchovies
- 4 to 8 ripe olives (optional)

Cut the celery heart lengthwise into qua ters. Wash well. Tie each quarter togeth with a string. In a 10- to 12-inch fryi pan, bring about 1 inch water to boilin Add celery heart quarters. Cover and sim mer until just tender when pierced thickest part, 10 to 12 minutes. Remo from pan and plunge into ice water. Co drain well.

Place celery in serving dish and pour per dressing over it. Cover and chill least 1 hour or overnight. Garnish w anchovies and olives. Serves 4.

Caper dressing. Stir together 6 tab spoons **salad oil,** 3 tablespoons **white w vinegar,** 1 clove **garlic** (pressed minced), 1 tablespoon **capers,** ¼ teaspo dry **basil,** and a dash of **pepper.**

Bacon-and-Egg Spaghetti

- Water
- 1 pound spaghetti or linguine
- 9 or 10 slices bacon, cut into ½-inch pieces
- 1 large clove garlic, pressed or minced
- ¼ cup dry vermouth, dry white wine, or regular-strength chicken broth
- 4 eggs, beaten
- ⅓ cup grated Parmesan cheese
- ⅓ cup grated Romano cheese (or all Parmesan)
- Freshly ground pepper

In a 6- to 8-quart pan, bring 4 to 5 qua water to boiling. Add spaghetti and b uncovered, stirring occasionally, u noodles are just tender to bite, about minutes. Drain well and return the n dles to pan.

Meanwhile, in a 10- to 12-inch frying p stir bacon over medium heat u browned. Remove all but ⅓ cup fat f pan. Add garlic and wine and bring vigorous boil; remove from heat. P over noodles and mix gently with 2 la forks. Add beaten eggs, mixing to noodles. Add Parmesan, Romano che and pepper; mix well. (Stir over low until eggs are softly set, if desired.) Se about 4.—*A.N., San Carlos, Calif.*

Introducing Pepperoni Crescent Pinwheels.

Made with Pillsbury Crescent Roll Dough and Hormel Pepperoni.

Liven up your next get-together with a zesty new appetizer idea. Easy-to-make Pepperoni Crescent Pinwheels. When you use Pillsbury Crescent Roll Dough, you can be sure they'll turn out tender and flaky. Hormel Pepperoni is known for its zesty, tangy taste. Together, they make this recipe...bravisimo!

PEPPERONI PINWHEELS

- 8-oz. can Pillsbury Refrigerated Quick Crescent Dinner Rolls
- 3½-oz. pkg. (32 slices) Hormel Sliced Pepperoni*
- 2 oz. (½ cup) shredded mozzarella cheese
- 1 cup prepared pizza or spaghetti sauce, if desired

Heat oven to 350° F. Separate dough into 4 rectangles; firmly press perforations to seal. Place 8 pepperoni slices on each rectangle. Sprinkle with 2 tablespoons cheese. Starting at shortest side, *tightly* roll up each rectangle; pinch to seal. Slice each roll into 4 equal slices. Pinch dough together on one side of each slice to seal. Place sealed-side-down on ungreased cookie sheet. Bake at 350° F. for 18 to 20 minutes or until golden brown. Serve pinwheels with warm pizza sauce, if desired. Makes 16 pinwheels.

*TIP: Thin slices cut from a 5-oz. or 6-oz. package of Hormel Pepperoni can be used.

© 1982 The Pillsbury Company

SU 1282

5¢ **SAVE 15¢** on any size package of Hormel Pepperoni.

"Hormel will redeem this coupon for 15¢ plus 7¢ handling provided you and your customer have complied with the terms of this offer. Any other application constitutes fraud. Invoices showing purchase of sufficient stock to cover coupons redeemed must be shown on request. Coupon void where prohibited, taxed or restricted. Customer must pay any sales tax. Offer good only in U.S.A. To redeem coupon, mail to Processed Products, Box 1641, Cedar Rapids, Iowa 52734. Cash value 1/20¢. To consumer: Caution! This coupon may be redeemed only with purchase of items called for. Any other use constitutes fraud. Your grocer may not redeem coupons without your proper purchase. EXPIRES: December 31, 1983. LIMIT: ONE COUPON PER PURCHASE.

Hormel

STORE COUPON

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SAVE 10¢ on one 8-roll or two 4-roll size cans of Pillsbury Crescent Dinner Rolls.

10¢

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Pillsbury

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STORE COUPON

New Sunset Great to Give

This holiday season, give the special gift that will be appreciated and treasured the year around—a Sunset Cook Book. Every one is filled with mouth-watering recipes and outstanding entertaining ideas your special friends and relatives will use and enjoy every day of the year.

These newest additions to Sunset's library are perfect for gift-giving: the new **Easy Basics for Good Cooking,** the all-new **Favorite Recipes II,** and the newly revised **Favorite Recipes I.**

Easy Basics for Good Cooking—Illustrated step-by-step techniques in full color, containing over 350 healthful recipes using fresh, natural ingredients.

Easy Basics for Good Cooking fills needs no other cook book can. Ideal for the beginning cook, first learning the skills of cooking, or for the more experienced cook looking for different or new techniques. It offers invaluable time-saving tips for those busy on-the-go people you know. Like the rest of Sunset's cook books, every recipe, skill and technique has been tested and retested in Sunset's own kitchens. Along with *proven* results, **Easy Basics for Good Cooking** offers:

☐ A new easy-to-follow format, featuring *step-by-step, illustrated* cooking techniques, in full color.
☐ Valuable tips on menu planning, how to select proper cuts of meat, and what ingredients to substitute in emergencies.
☐ Over 350 new delicious and healthful recipes stressing fresh, nutritious ingredients.
☐ Numerous charts, tips, special features, along with a complete guide to compatible herbs and spices.
☐ Attractive, washable cover with "lay-flat" circular binding.

Easy Basics for Good Cooking is now available at only $8.95. A lasting gift that will be appreciated the year around.

Favorite Recipes I and **Favorite Recipes II**—Recipes selected by the readers of Sunset Magazine—recipes triple-tested in the Sunset kitchens, with *proven* results.

☐ A special gift pack containing **Favorite Recipes I** and **Favorite Recipes II,** presents a total package of over 1,200 recipes that cover all types of meals or entertaining occasions. Specially packaged in an attractive,

Cook Books - Great to Receive

r acrylic box—a beautiful gift for all the cooks in your at just $11.90. Only a penny for each recipe. A real value.

Favorite Recipes II is a completely new collection 00 recipes, that reflects today's interest in lighter ls, and informal entertaining. Lively menu ideas and tiful serving suggestions are shown in color. $5.95.

Favorite Recipes I, which has sold over 1 million es, is newly revised with an easy-to-follow format, ed color, more pages, and easy-to-read type. This col- on of 800 recipes are the all time-tested favorites of set Magazine readers, and is available for $5.95.

Easy Basics for Good Cooking, Favorite ipes I, and **Favorite Recipes II**—three more ons why you should look to Sunset for the gift of t cooking. They are available at your favorite book- e or supermarket or use the enclosed coupon to r.

Please send me the following Sunset cook books:

_____ copies **Easy Basics for Good Cooking** @ $8.95.
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I've enclosed $_____. (California residents please add sales tax). Postage is prepaid.

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Sunset Books

DECEMBER IN YOUR GARDEN:

Nursery shopping for gifts or holiday color. Last-minute fall planting. Early-bird bare-root planting

ne big switch happens this month at irseries as most landscape plants bow it and Christmas decorations take front age. Still, you'll find many choices in ft plants, as shown at left. Green umbers will also be able to snatch up e last spring-blooming bulbs for plant-g this month, as well as the first of the re-root vegetables, cane berries, and ses (see check list, next page).

sure to protect tender plants from st, and take advantage of dry, clear ys for occasional garden cleanup.

fore you toss ashes out the garden . . .

nes from wood-burning stoves and fire-ces contain potassium, calcium, and e phosphorous, which can benefit nt growth when added to garden soil. od ashes are very alkaline, however, so y should not be incorporated into beds nded for acid-loving plants such as dodendrons, azaleas, and camellias. p them away from seed beds, since y can burn tender emerging seedlings.

p cauliflower white

ou planted cauliflower in late summer, ay be starting to form heads by now. soon as the heads appear, tie up the es around them to keep them pure e (you don't have to do this with the ple Head' variety).

ber bands make the best ties, since ion holds them in place without dam-g the leaves. Use several on each t. String and wire make poor ties—slip off the slick leaves.

reenhouse heating bills, 1° makes a difference

December nights mean that green-e heaters will be working harder and your heating bills will be rising. According to a recent University of California study, however, lowering greenhouse temperature by even 1° can result in energy savings of 3½ percent, with minimal effect on greenhouse plants.

Space invaders on your oak leaves?

Have the leaves of your oak tree been invaded by tiny ¼-inch pink stars, odd little pyramids, or saucers like the ones in the photograph below? These are not miniature spaceships but growths caused by several species of oak-gall wasps. Generally, most of these leaf invaders don't severely damage the oaks, but some gardeners find them unsightly.

What can you do? Learn to enjoy them if you can. More than 100 species of wasps produce galls on oaks in California. Populations fluctuate from year to year—so next year, the infestation may be less severe. Insecticides generally aren't effective, since it's difficult to time the spraying to correspond with the various life cycles of the different wasps. Raking fallen leaves won't help much either, and you run the risk of reducing natural predators.

Illustrated orchid books on view at Stanford

Orchid fans will enjoy time out from holiday shopping to visit the free exhibition of illustrated orchid books at Stanford University, near Palo Alto, California. The exhibit, on view November 15 through January 15, emphasizes the development of botanical illustration, from the earliest woodcuts to modern color illustration.

The display is in the Lurie Rotunda of the Green Library (behind Hoover Tower, north of Serra Street). Hours are 8 to 6 Monday through Thursday, 9 to 5 Friday and Saturday.

Sunset's GARDEN GUIDE

Perk up a winter patio with nandina

Nurseries carry a more limited selection of plants in winter, but you should be able to find fairly abundant supplies of nandinas now. This is the peak of nandina color—the foliage develops its brightest tones of red in winter, especially if plants are exposed to sun and some frost.

Although nandinas are a staple of Western gardens, they are often overlooked as container plants. They thrive in pots, and can provide color to perk up a patio or deck at Christmas, as shown here.

Particularly good choices for containers

LARRY BRAZIL

Tiny stars, pyramids and saucers on leaves are caused by three species of oak-gall wasps

ing gifts . . . camellias, orchids, poinsettias

han shut down for the holiday season, nurseries in December offer a large of colorful blooming gift plants in a wide range of sizes and prices. Many also -wrapping services for the plants. Going out the door of a nursery (top) are a 'Tom Knudsen' camellia and a cymbidium orchid in full flower. (Other as blooming camellias are discussed on page 78.) Tree poinsettias (inset) are t development of this long-popular holiday plant.

Sunset's GARDEN GUIDE

are the medium-size variety 'Compacta', which reaches 3 to 6 feet, and dwarf varieties such as 'Pygmaea', 'Nana', 'Woods Dwarf', and 'Harbour Dwarf', which stay 1 to 2 feet high. The standard *Nandina domestica* also does well in containers but will outgrow most pots.

Nandinas in containers tolerate heat; they thrive with moderate watering and regular feeding. When damaged by frost, they usually recover quickly. If they dry out completely, they will drop all their leaves, but they'll probably bounce back if you water them diligently.

NORMAN A. PLATE

***Young nandinas** (N. domestica) thrive in containers on deck, provide color with red-tinted green leaves*

When there are drips on your house plants' leaves

Have you ever found little droplets clinging to the tips of indoor plant leaves? If so, what you've seen is evidence of guttation—roots taking up more moisture than leaves can use, and the plant exuding the excess moisture through its leaf tips (like a safety valve). You're most likely to find droplets on aglaonemas, dieffenbachias, philodendrons, and pothos.

There's nothing wrong with the plant—guttation is a natural phenomenon—and there's nothing you can do about it. The droplets can stain furniture or hardwood floors, however, so it's a good idea to wipe them off.

DECEMBER CHECK LIST: *Here is early winter action*

☐ **Care for Christmas trees.** Don't put living Christmas trees in the house too early—about two weeks indoors should be the maximum. Water diligently, and keep in a bright spot away from heater vents. For cut trees, saw off an inch or two of the old dried base so the tree can soak up water more easily. Place in a stand that has a water reservoir and refill daily if necessary.

☐ **Clean up.** Late chrysanthemums should be cut back to about 6 inches. Remove dead stems from dormant perennials. Rake up fallen leaves on lawns (to prevent yellowing of grass underneath) and remove debris that could become a hiding place for snails and slugs.

☐ **Plant bulbs.** Nurseries will often be selling hyacinths, narcissus, and tulips at bargain prices this month. You still have time to plant these, but hurry.

Also, shop for lilies (to plant right away), anemones, ranunculus, calla lilies, and naked lady amaryllis (to put in now or next month).

☐ **Plant flowers.** For instant winter color, you can plant already-blooming pansies, Iceland poppies, calendulas, and primroses. Bedding plants put in now will not show much growth, but they'll be off to a fast start in spring. Also look for packaged bare-root perennials such as astilbe, lily-of-the-valley, peony, and Oriental poppy.

☐ **Plant vegetables, berries.** Perennial vegetables such as artichokes, asparagus, and rhubarb can be planted this month or next. Prepare the soil now. Plant bare-root cane berries, grapes, and strawberries as soon as they're available. You can plant lettuce, broccoli, and cabbage from transplants. Also set out Jerusalem artichoke tubers, potato sets, and onion and garlic bulbs.

☐ **Protect from frost.** Killing frosts often hit in December. Be prepared to protect tender plants such as bougainvillea, citrus, fuchsia, and hibiscus. Newly planted shrubs and trees can be susceptible to frost damage. When frost threatens, cover plants with old sheets or tarps (held up with poles, not draped over leaves) or big cardboard boxes.

☐ **Prune.** While snipping holiday greenery from conifers and broad-leafed evergreens such as holly, magnolia, pittosporum, and laurel, you can also do some pruning to shape. Thin bushy growth and cut to well-placed side shoots.

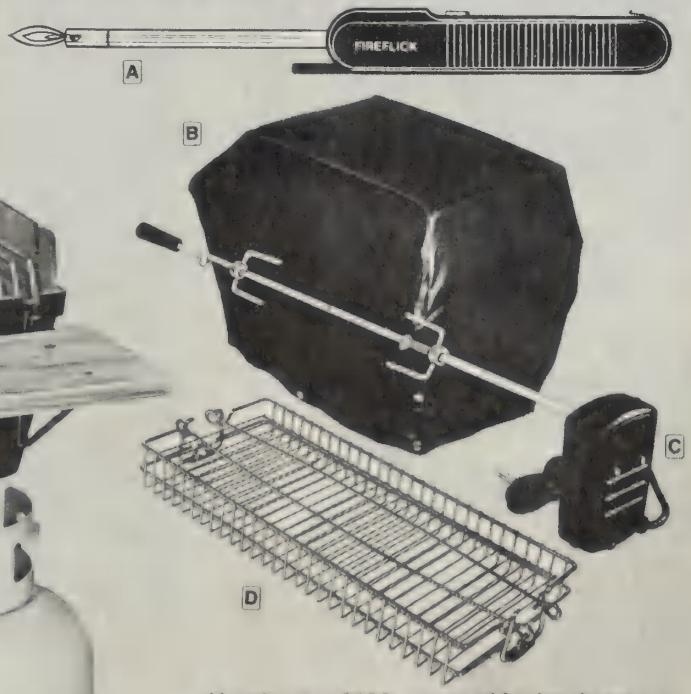
You can start pruning dormant fruit trees, shrubs, and roses now.

☐ **Select azaleas, camellias.** Azaleas and camellias will be available this month. This is a good time to select from the Sasanquas and early-flowering Japonicas. Keep them in a protected spot outdoors until you're ready to plant (for more on camellias, see page 78).

☐ **Spray.** If you haven't already done so, apply dormant spray to peaches and nectarines to control peach leaf curl. Repeat in January or early February. Any time after leaves have fallen, apply dormant sprays to other deciduous flowering and fruit trees and rose bushes.

Broilmaster Holiday Gift Offer!

Get Over $100 Of Accessories FREE Of Extra Cost With Purchase Of A New 1982 Broilmaster Grill During Sale!*



Here's your $100+ reward for buying now: (**A**) Fireflick pushbutton refillable lighter with battery and butane fuel; (**B**) Weather-tough vinyl cover to keep your Broilmaster looking new for years; (**C**) Electric rotisserie—great for chickens, turkeys, roasts; (**D**) Chromed broiling basket that slips onto your rotisserie for delicious ribs, chickens, fish. You get your Fireflick lighter from your dealer with your Broilmaster grill. For prompt prepaid shipment of your Gift Pack (cover, rotisserie and basket) send proof of purchase (sales slip) to Locke Stove Company, Dept. HAO-82, 114 West 11th Street, Kansas City, MO 64105.

*Offer applies to purchase of G3, G4 and G5 models at all Broilmaster dealers. Offer expires Dec. 31, 1982.

G the year's best deal now on America's best gas grills, as we cl ar the way for our 1983 models! Buy a new 1982 Broilmaster n , for only slightly more than the price of an ordinary gas g l, and get over $100 worth of deluxe accessories completely fr of extra cost! Broilmaster grills have the quality features a precise cooking control you need to prepare big hams, t keys, roasts—even complete Holiday meals—to exacting g rmet standards. Quantities may be limited, so see your B ilmaster dealer soon!

Warm Morning
broilmaster
America's Favorite Way To Eat Out

Of ed by these major retailers: PROPANE...Buckeye Gas, Calgas, Pargas, Petrolane, Vangas. **NATURAL GA** ..Cascade Natural Gas Corp., Northwest Natural Gas Co., Washington Natural Gas Co. and other participat- ing ealers. If you do not know the location of your nearest Broilmaster dealer, call toll-free ..... **1-800-821-5121.**

PROPAGATING KIT
Grow-your-own kit (in a basket storage tray) includes peat pots and pellets; rooting hormone; labels; bags of peat, perlite, and potting soil; an ivy for easy cuttings; and a packet of seeds. Clear shoe box, plastic bags, and cups make mini-greenhouses

***A note in the kit** promised a follow-up lesson. Carol shows Scott how to root begonia leaf cuttings—using the shoe box as a simple propagating unit*

NORMAN A. PLATE

PLAN-AHEAD KIT
Seed shoppers get off to a flying start with a gift certificate, a file box for seed storage, a three-ring notebook for garden record-keeping, and a supply of seed catalogs (order 1983 catalogs now in recipient's name). The basket will help in harvest of crops to come

FEATHERED FRIENDS
Hummingbird feeder, seeds, and a seed feeder should attract action for the back-yard bird-watcher. Add water, and the clay saucer becomes a birdbath. Handy books—an identification guide and bird-food recipes—round out the picture

KITCHEN GARDENER'S KIT
For sprout farmers or salad chefs, he are all the makings: sprouting jar (modified canning jar or commercial sprouter), an idea book, and assorted such as soybeans, alfalfa, adzuki, mung beans, and sunflower seeds. For and a salad bowl complete the cycle

Gifts for gardeners. Seven kits you put together

Practical pieces of equipment take on a new shine when you package them in a kit tailor-made for the gardener—or gardener-to-be—on your holiday list. The gift container sets the theme; you share in the fun by doing some creative shopping and adding a few clever touches of your own.

Assembled on these two pages are seven different kinds of gardeners' kits. Each costs about $30 to put together. Packed into baskets, trays, buckets, and bowls are all the ingredients to set off a flurry of plant propagating, flower arranging, seed ordering, bean sprouting, bird feeding, tool cleaning, and desk-top gardening.

You can package your own pet project the same way. Start out by thinking of the essential tasks involved and the paraphernalia that go with them. When you shop, keep your eyes open for inventive containers and unexpected—sometimes recycled—implements.

You'll find most of the supplies you need at nurseries, plant shops, and garden centers. But don't stop there: hardware, import, and food stores are also good hunting grounds; so are kitchen shops, stationery stores, and mail-order seed and tool catalogs.

You get gold stars for ingenuity. In the kits shown here, plastic shoe boxes and cups become propagating units, a kitchen fork turns into a cultivator, a clay saucer doubles as a birdbath, an office in-box becomes a potting tray, and milk cartons serve as waterproof liners for a flower basket.

Beginning hobbyists will also appreciate books, instructions, or—better yet—a promise of a personal demonstration. □

OL-KEEPER'S COLLECTION
T bucket came with equipment John needs to ep garden tools in shape: mud scraper (o oden spatula); wire brush and naval jelly fo emoving rust; hand file and whetstone fo harpening; lubricating oil; and linseed oil fo efinishing wooden handles. Dunking in oily sa' scours shovel, coats it with oil

THE GARDENER GOES TO WORK
Take-to-the-office kit sits in an "in-box" tray. Along with a small plant, set has a small watering can, mister, fertilizer, leaf-shine solution, measuring spoons, tiny shears, and a midget cultivator (for loosening crusty soil in pots) made from a bent fork

FOR BEAUTIFUL BOUQUETS
A few cut-down milk cartons give the idea: the basket holds six cartons to fill with water for gathering flowers or arranging them indoors. Accessories include flower shears, floral foam, foam holder, frogs, and packets of flower preservative

***Wood-and-plexiglass frame** over temperature-controlled mat creates ideal environment for seeds and cuttings, holds 20 sixpacks. Heavy rubber mat is waterproof, heat resistant; it fits on potting bench. Thermostat can be set from 40° to 100°*

TERI SANDISO

A hot box to start seeds or cuttings. The secret is a sort of heating pad

The benefits of bottom heat in speeding germination and rooting have long been acknowledged. In the past, bottom heat was created by a thick layer of fresh manure that fermented and gave off heat beneath the soil in a propagation box.

More recently, hot water was pumped through pipes run beneath greenhouse benches. Heating cables, designed to serve the same purpose, have proved very practical for the home gardener.

The latest approach to bottom heating is the propagation mat, which works something like an electric heating pad. It speeds up seed germination by about 75 percent and makes cuttings root faster. Portable and easy to set up, it has cables embedded in waterproof rubber that can withstand very high temperatures.

When a case is fitted over the mat, it becomes a miniature greenhouse and creates an ideal environment for most seedlings. Under some conditions, the frame isn't necessary when the mat is used in a greenhouse or when you're rooting cuttings (juniper, for instance) that don't need warmth and humidity around their foliage. Remember, too, that the mat's consistent warmth may make it necessary to water the seed and cutting boxes more often.

A Santa Barbara gardener made a bottomless frame with a plexiglass top (shown above) to fit snugly around a 22-inch-square mat. The frame and top hold warmth and humidity around seedlings and cuttings, enabling them to grow faster and making the mat more energy-efficient.

The 22-inch-square mat pictured here uses less electricity than a 100-watt light bulb. Its thermostat shuts off the current when the soil reaches the temperature yo select. A lighter-weight model has a ther mostat preset to 70°, the generally ac cepted optimum figure for a wide range c seeds and cuttings.

Two sources of propagation mats ar Charley's Greenhouse Supplies (1281 N.E. 124th St., Kirkland, Wash. 9803 $2 catalog) and Pro-Grow Supply Corpo ration (5557 N. 124th St., Butler, Wis 53007). Prices range from about $20 t $75, depending on size and construction

Beginners in plant propagation migh consider miniature greenhouses or growt chambers trays with heated botton and transparent plastic domed cover Charley's sells an 18- by 30-inch mode the Geo. W. Park Seed Company (Gree wood, South Carolina 29647; free cata log) sells a 13- by 25-inch model. Eac costs about $30.

$50,000 FOR THIS YEAR'S MEOW OFF™ WINNER.

NOT COUNTING COMMERCIAL ENDORSEMENTS.

It's not hard to get a cat to speak on behalf of the great taste of Meow Mix® brand cat food. Especially now that $50,000, a trip to Hollywood, a home video recording system and a part in one of our TV commercials is the grand prize in the Meow Mix Meow Off.

This year's Meow Off goes like this (and we don't mean me-ow): While your cat's busy rehearsing, an independent judging organization will be busy choosing fifty preliminary winners, one from each state, in a random drawing. Six regional finalists will then be randomly drawn to participate in the Meow Off finals. (The other 44 win $500 and a Meow Mix talking toy cat, so they can talk over next year's strategy).

You might say the six finalists are on their way. Because they get an expense paid trip to Hollywood the week of the final competition. The owner gets to go too.

In Hollywood, the grand prize winner is selected based on the appeal and distinctiveness of his or her meow.

The five meowers-up also win—$1,000 each. Not to mention their own home video system (that way they can see themselves on TV even it it's not in a Meow Mix commercial).

There are two ways for your cat to make his entrance. You can complete and redeem the store coupon below before March 31, 1983. Each coupon which is redeemed automatically enters you in the Meow Off Sweepstakes. Or print your name, address, zip code on a plain 3"x5" piece of paper and mail to Meow Off Sweepstakes, P.O. Box 15535, Belleville, Illinois 62224 before May 31, 1983. Only one entry per envelope. Enter as often as you wish.

No purchase is necessary. Though your cat may tell you differently.

Don't bother your cat with these details. Odds of winning will be determined by the total number of entries received. All prizes will be awarded. Notification will be by mail. Limit one prize per family, group or organization. In the case of minors, prizes must be accepted by parent or guardian. No substitute for prizes as offered. Taxes are the sole responsibility of the winners.

The Sweepstakes is open to all cat-owning residents of the U.S. except employees of Ralston Purina Co., its agencies and their families. An affidavit of eligibility may be required. Void where taxed, prohibited or otherwise restricted by law. All federal, state and local laws apply.

Decision of the judges is final in all matters related to these offers. Ralston Purina Corporation assumes no responsibility for late, lost/misdirected mail or retailer submissions.

By entering into the Sweepstakes, winners consent to the full commercial use of their name and picture of themselves and/or their cat, along with their cat's meow.

For a complete list of Sweepstakes prize winners, send a stamped, self-addressed envelope to Meow Off Winners List, P.O. Box 15536, Belleville, Illinois 62224. Your request must be received by September 30, 1983.

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STORE COUPON/SWEEPSTAKE ENTRY

SAVE 25¢ ON MEOW MIX®

Brand Cat Food

ANY BAG OR TWO BOXES

CONSUMER: Please be sure the coupons you redeem are accompanied by the required purchase and have not expired.
RETAILER: For payment of face value, plus 7¢ handling, send to Ralston Purina Company, P.O. Box PL1, Belleville, Illinois 62224. Coupon will be paid only if presented by a retailer of our merchandise or a clearing house approved by us and acting for and at the risk of the retailer. Retailer must submit on request invoices proving purchases of sufficient stock within normal redemption cycle to cover the coupons presented for redemption. Ralston Purina reserves the right to withhold payment on and declare void coupons received in mint condition or mass cut. This coupon is nontransferable, nonassignable, and nonreproducible. Any sales tax must be paid by customer. Offer good only in U.S.A., A.P.O.'s, F.P.O.'s. Void where prohibited, taxed, or otherwise restricted. Cash redemption value 1/20 of 1¢.

25¢ LIMIT ONE COUPON PER PURCHASE AS SPECIFIED ON THE FACE OF THIS COUPON. ANY USE NOT CONSISTENT WITH THESE TERMS CONSTITUTES FRAUD AND MAY VOID ALL COUPONS SUBMITTED FOR REDEMPTION. **COUPON EXPIRES MARCH 31, 1983.**

THE 6TH ANNUAL MEOW OFF™

This coupon, when filled in and redeemed in your store by March 31, 1983, automatically enters you in the Meow Off Sweepstakes. Do not mail this coupon.

Name _____

Address _____

City _____

State _____ Zip _____

Store _____

ONLY MEOW MIX TASTES SO GOOD CATS ASK FOR IT BY NAME.

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276 MM 276 25¢

Tell somebody you need one.

This Christmas why not do a little hinting for a gift you really need?

Whether you get the VISE-GRIP GIFT SET®, or the new VISE-GRIP® Home & Hobby Tool Set™; you'll have 2 sizes of the world's most useful hand tool.

So tear out this ad. Tape it to your mirror. Somebody will get the message.

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Wherever quality tools are sold.

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DeWitt, Nebraska 68341

Holiday shows, tours, lectures

ORTHERN CALIFORNIA

rkeley. December 1 through 4. Annual ow of holiday decorations using native ant material, by the East Bay Regional rk District. Place: Environmental Edution Center, Tilden Regional Park. ours: 10:30 to noon; repeated 1:30 to 3 ch day. Reservations required; call 15) 525-2233. Admission: $2.50.

cramento. December 3, 4, and 5. ristmas show by the Sacramento Argers Guild. Place: Iva Gard Shepard rden and Arts Center, 3330 McKinley vd. Hours: 1 to 5 Friday; 10 to 5 Satury and Sunday. Free.

rkeley. Saturday afternoon lectures by East Bay Regional Park District. *Deember 4*: visit to holiday decorations ow (see December 1 listing). Hours: 0 to 3. Admission: $2.50. *December 11*: lian baskets and fibers Native Ameris used. Regional Parks Botanic Gar- Visitors' Center, Tilden Regional k. Time: 2 P.M. Free.

o Alto. December 7. Display and conction demonstration of 18th century ristmas decorations by the Garden b of Palo Alto. Place: St. Mark's urch, 600 Colorado Ave. Hours: 3 to 4. tickets ($5), send a check payable to club with a stamped, self-addressed elope to Mrs. Regan Fuller, 207 Fel- Dr., Menlo Park, Calif. 94025.

keley. December 8 and 11. Same lec: both days by the East Bay Regional k District on sources of California na- plants. Place: see December 4 listing. urs: 10:30 to noon. Free.

s. December 10, 11, and 12. Annual of Christmas greens by the Decora- s Guild of the Marin Art and Garden ter, Sir Francis Drake Blvd. Hours: o 4. Free.

tinéz. December 11. Home tour by Muir Garden Club. Hours: noon to 5. phone early for tickets ($4): Mary mas, (415) 228-0517.

land. December 12. Fungus Fair by San Francisco Mycological Society. e: Lakeside Park Garden Center, 666 evue Ave. Hours: 10 to 5. Admission: seniors and ages 12 to 18, $1.

UNTAIN STATES

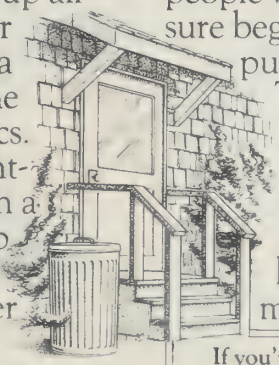
ver. December 1. Poinsettia nursery and slides at the Denver Botanic dens, 909 York St. Time: 9 A.M. Fee: mbers, $3; nonmembers, $6.

Lake City. December 16. Floral arements by the Artistic Designers . Place: Utah Garden Clubs Activity er, Sugar House Park, 1602 E. 2100 h St. Hours: 1 to 5. □

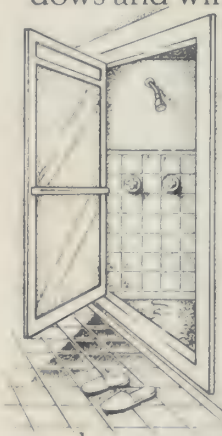
HOW TAP PLASTICS SAVED ME FROM A BROKEN HOME.

What a mess!

After I had cleaned up all the broken glass, water and plants and found a temporary home for the fish, I found Tap Plastics. We bought strong, lightweight acrylic and with a little help from the Tap people, we soon had a larger and much safer aquarium.



Next, we replaced our potentially dangerous glass shower door and burglar-proofed our back door window. We'll probably put in acrylic storm windows and windbreakers on the patio, too.



Acrylic has so many advantages over glass—it's virtually nonbreakable, lightweight and safe to handle. I was surprised to learn that it comes in a variety of colors and textures and cuts easily into unusual sizes and shapes.

Tap is a paradise for the creative do-it-yourselfer. They custom cut acrylic to our specifications and Tap people were eager to show unsure beginners like us how to put the pieces together.

Tap is totally different from a hardware store or do-it-yourself center. Stop in and see. Tap could save your home from a lot of messy breaks.

If you're particularly proud of something you've built in acrylic, write to John Davis, Tap Plastics, Inc., 3011 Alvarado St., San Leandro, CA 94577. We may feature your project in a future ad. Visit one of our stores in your area or drop us a note for our current catalog.

TAP PLASTICS

THE FANTASTIC PLASTIC PLACE

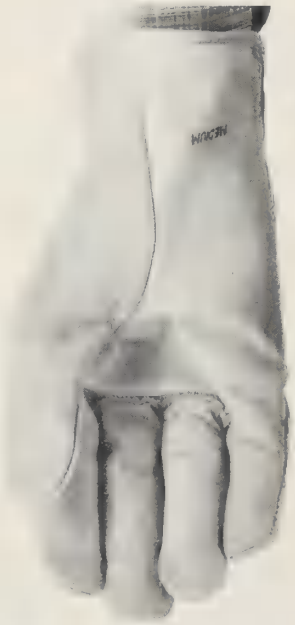
Tap Plastics features Acrylite® Acrylic from CY/RO Industries

SAN LEANDRO • SAN JOSE • CONCORD • MT VIEW • SAN MATEO • SACRAMENTO
STOCKTON • FRESNO • SALT LAKE CITY • PORTLAND

***All-fabric glove** is for light duty; knit cuffs keep out dirt. Cotton absorbs perspiration. Cost: 75 cents to $1.50 ($2 more for plasticized fabric)*

***Plastic-dotted** fabric glove gives better grip than fabric alone. Usually sized for women. Cost: $1 to $2*

***Split-leather palm** on fabric allows good grip. Thin palm is very flexible, fairly durable. Fabric back absorbs perspiration. Cost: $5 to $6*



***Grain pigskin** is more durable but slightly stiffer than others (softens with use). It resists most thorns, repels water well. Cost: $7 to $8*

***Split leather** varies in durability, flexibility; resists many thorns. It repels some water, but may stiffen if it gets wet. Cost: $7 to $10*

***Grain cowhide** is fairly durable, soft, and flexible. It resists most thorns, repels water well. Cost: $10 to $12*

How tough? How soft? Waterproof or not? Questions to ask when choosing garden gloves

Like a neglected roof, garden gloves a seldom given much thought until th spring holes. Most gardeners discov they need a new pair only when they already well into a project. That's w gloves make can't-miss gifts for gardeno at Christmas—the start of bare-ro planting season in the mild-winter We

The photographs above represent the ray of gloves sold in many nurseries, g den centers, and building supply stor We show them in progressive order price; other attributes and shortcomin are described in the captions.

NORMAN A. PLATE

A simple luxury any gardener can appreciate: split deerskin gloves. Soft and pliable, they suit all but the most rugged garden chores

T softest leather garden gloves are m le of deerskin. You may be able to cl ose between top-quality grain deerskin (s ooth and expensive—about $15) and s deerskin (suede-like and less expensi —about $10).

T gher leather stands up better to some ta s. A rose fancier, for instance, would a eciate grain pigskin for its high resista e to thorns.

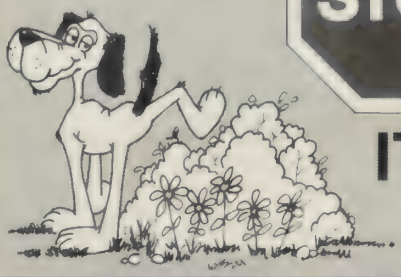
A g with the gloves shown, you may w t to look at other kinds. Waterproof ru er gloves ($10 to $12) are useful for m ng and applying garden chemicals. S etimes you can find durable goatskin gl es (about $9); "Napa goatskin" gl es, however, are actually less-durable sh pskin. There is a line of "precurved" le er gloves ($12 to $14) intended to m mize hand fatigue. For very rugged ta s, consider leather work gloves with lo gauntlet cuffs (about $10).

W n you shop, look for material of consis nt quality, smooth seams, and even sti ing, especially between fingers.

Si standards vary widely. Use the label size as a guide; it will usually say m small, medium, or large; sometimes w en's small, medium, or large. Be sure to ve the receipt for possible exchange lat □

Clearly...the more beautiful shine.
Liquid Lemon Pledge in the easy pump spray.

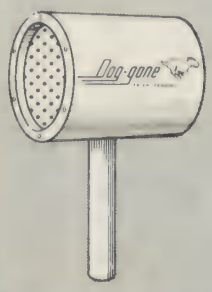
SICK AND TIRED OF THIS?



STOP

IT

WITH THIS!



BREAKTHROUGH IN TECHNOLOGY

Dog-gone

PATENT PENDING

Well "Dog-gone" it! Now you can do something about unwanted "Yard Visitors" PERMANENTLY without harm to the animal or the environment. Throw that "Poop Scoop" away and get "Dog-gone". Dog-gone emits a powerful, ultra-sonic sound (humans can't hear it) that is **UNCONDITIONALLY GUARANTEED** to rid your yard of roving dogs, cats, and their messes and damage forever.

- Runs on 5 watts of power.
- Limited range—focuses on your yard.

ORDER NOW!

Only $49.95

(ADD $3.00 FOR SHIPPING)

USE THIS ORDER FORM

Dog-gone ORDER FORM

Please send me _____ "Dog-gone" unit(s)

I have enclosed check money order for $

Please charge to my Master Card VISA

Charge Card No.

Name

Address

City State Zip

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SAFECO SAVER #6: GUARANTEED REPLACEMENT

WE GUARANTEE TO REPLACE YOUR HOME AT ANY COST.

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If your home were destroyed, it could cost a good deal more to rebuild it at today's higher prices. That's why SAFECO offers careful homeowners a Home Replacement Guarantee. It guarantees to replace your home no matter how much it costs.

For more information and a free insurance checkup, see the Yellow Pages for the independent SAFECO agent nearest you.

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AUTO · HOME · LIFE · BUSINESS

AVAILABLE IN MOST AREAS

Framed in railroad ties, *bins step down a slope. The four deeper ones hold compost; the shallower ones in back hold sand, gravel, a plum tree, herbs*

A design classic and the hottest technology in woodstoves today.

Take a closer look at Arrow. You'll find styling that complements any decor and heating efficiency other models can't match. Airtight construction. 5-sided heat exchanger system. 465 CFM variable-speed blower. High temperature glass door. Slide-out ash drawer. All these and more outstanding features are standard. U.L. listed for both conventional and mobile homes, it's easily installed almost anywhere—as close as 6" to combustible surfaces—for space-saving convenience. For more information and the dealer nearest you, write:

ARROW® WOODSTOVES

Arrow Tualatin, Inc.
10340 S.W. Tualatin Rd.
Tualatin, Oregon 97062

For compost, storage, planting ... railroad tie bin

The owner-designer of these sturdy, mul purpose bins claims that they were r really designed—they just evolved. If they certainly evolved with a fine rega for the lay of the land and the needs of t gardener.

Next to a turn-around at the end of t driveway, the storage bins are handy car or truck delivery of bulk materi such as sand or gravel. Because they vide the terraced vegetable garden fr the lathhouse and potting area, the b are convenient to both these heavy users compost. They also blend well visua with the railroad ties that form the t races and define the paths in the vegeta garden.

The bins follow the slope of the hill, st ping down along the concrete ramp so t

RROW M. WATT

s are anchored to each other and arth by half-inch pipe driven ugh holes drilled during assembly

t side walls are not more than two ties in h ght above the grade — a convenience in u oading refuse or loading compost. The b s vary in depth, with the deepest (wnhill) ones about 3 feet. Interior w th is just under 4 feet.

A outstanding feature of these bins is th r versatility: they can be used for comp , for storage of bulk materials, or as r ed planting beds if the need arises. O bed already houses a young plum tr , which will eventually yield fruit and st le. Another serves as an herb garden. T of the uppermost (shallow) bins hold sa l and gravel for use in potting mixtu s or as topping for containers of choice al ne plants.

H the bins work

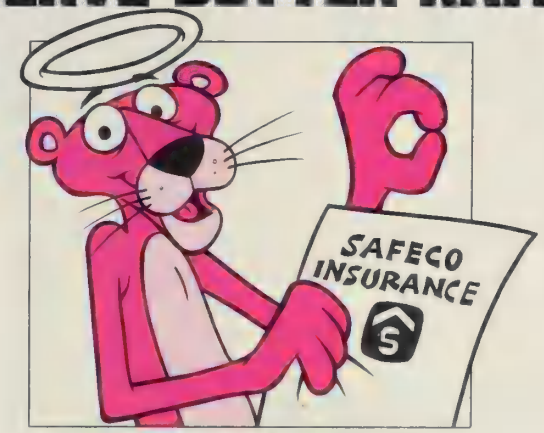
Ve table refuse will turn to compost even if is merely heaped in a corner and left to s own devices, but the process is slow. Q k composting requires that the heat of ecomposition be contained to keep up th activity of the microorganisms that ca e decay. (The process goes faster if th refuse is chopped into small pieces.) Th e microorganisms also need moisture an air, which are too quickly lost in a br d, shallow pile.

In his garden in Mill Valley, California, fo bins hold compost. Garden refuse is to d into the emptied bins along with co e material held back after sifting co ost that is ready for use.

Th compost is dampened occasionally in dr veather, but is not routinely turned or shi d from bin to bin. □

SAFECO SAVER #9: CAREFUL PEOPLE

BETTER RISKS DESERVE BETTER RATES.

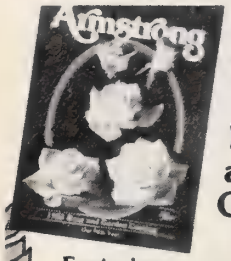


At SAFECO we've always believed that careful people shouldn't have to pay for the carelessness of others.

After all, it's the people we don't insure that make SAFECO such a good deal for those we do.

For a free insurance checkup, see the Yellow Pages for the independent SAFECO agent nearest you.

SAFECO
AUTO HOME LIFE BUSINESS
AVAILABLE IN MOST AREAS



FREE!

Armstrong's 1983 Rose and Garden Catalog

Featuring . . .

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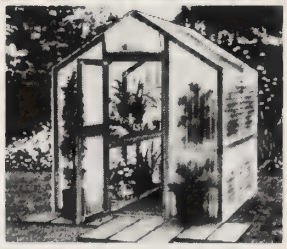

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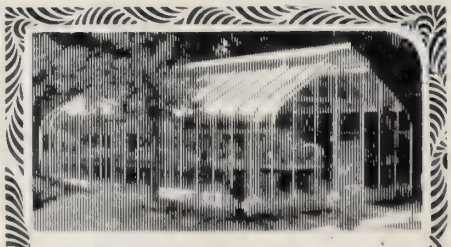

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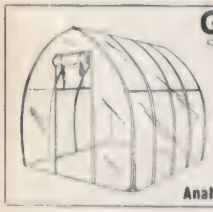

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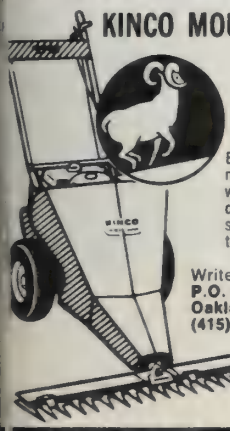

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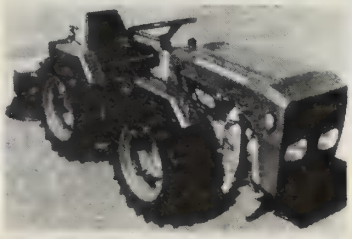

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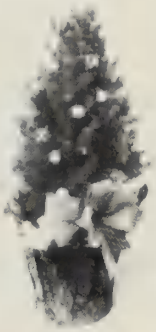

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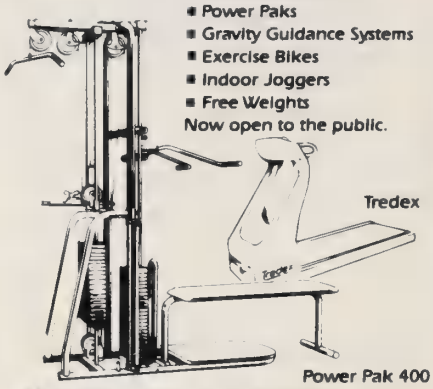

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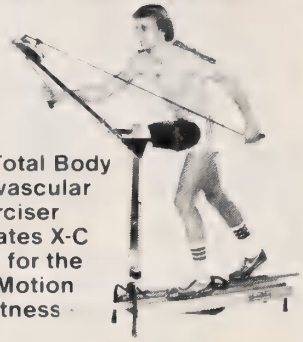

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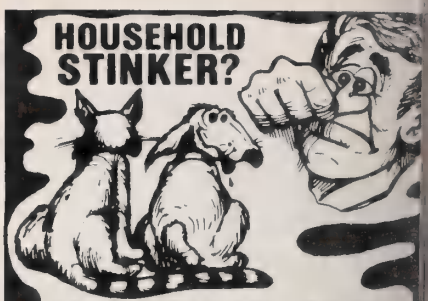

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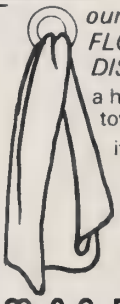

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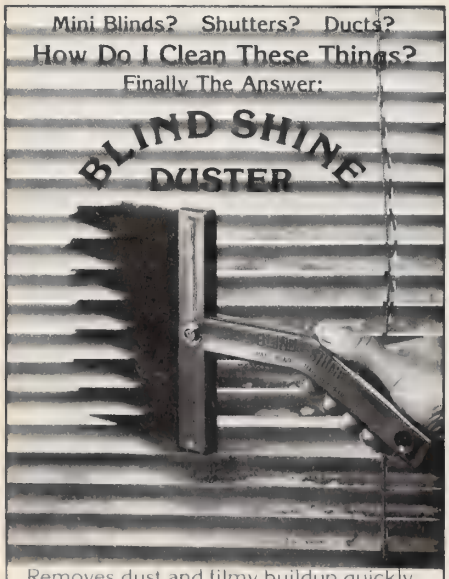

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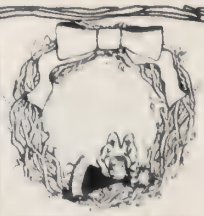

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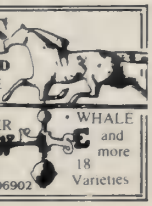

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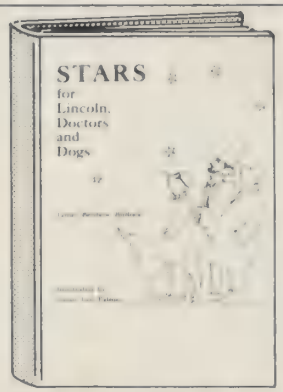

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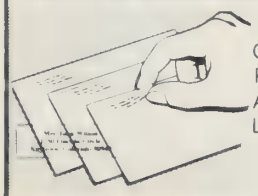

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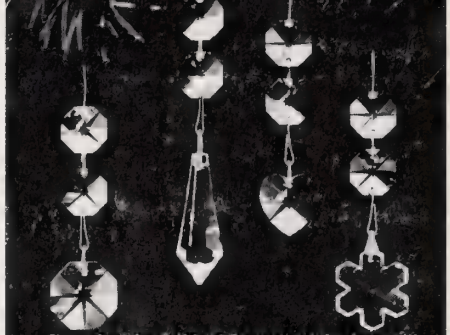

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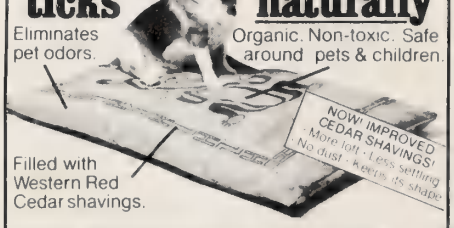

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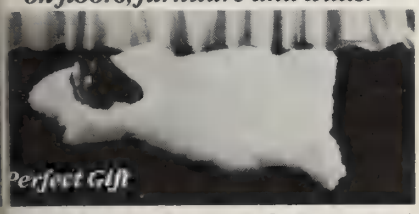

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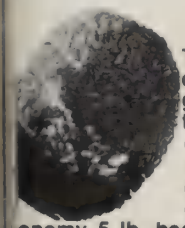

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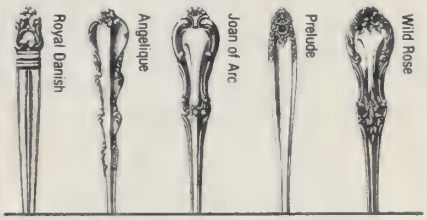

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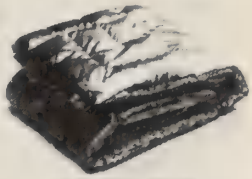

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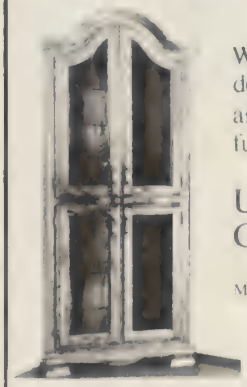

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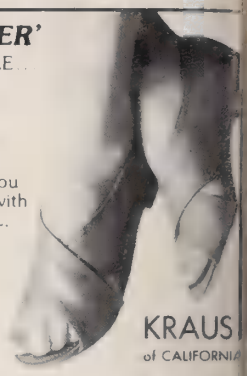

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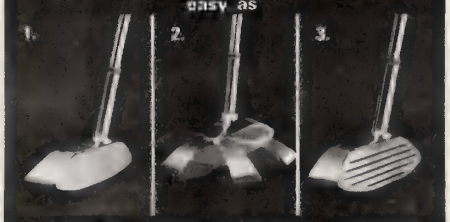

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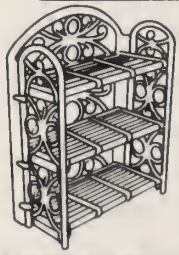

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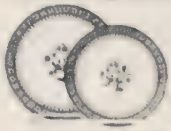

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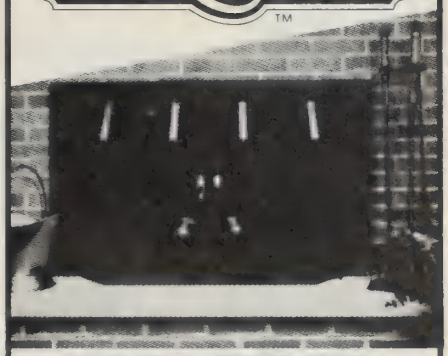

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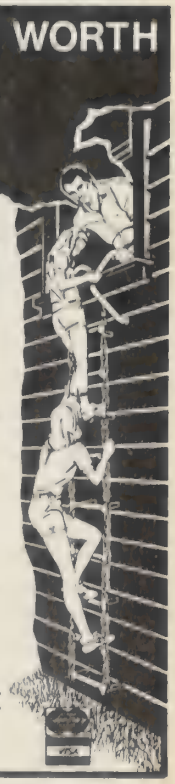

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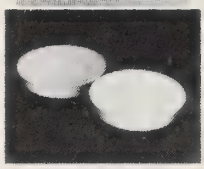

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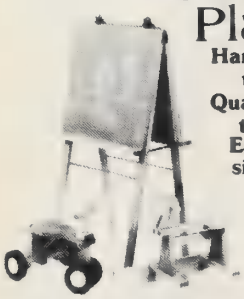

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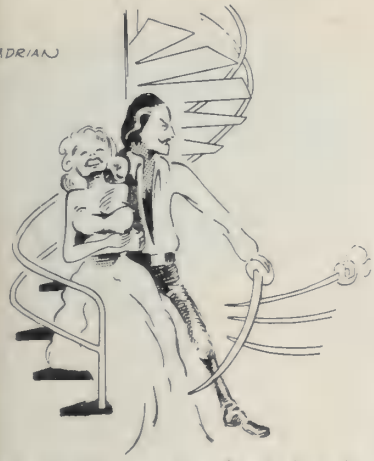

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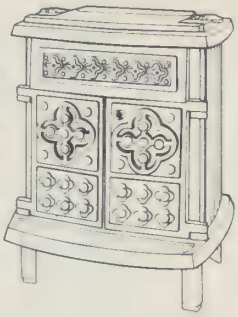

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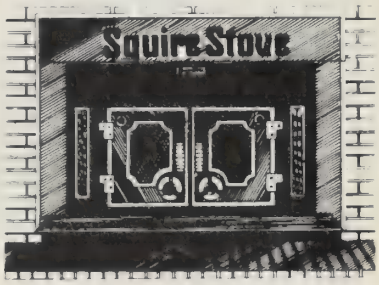

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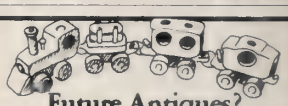

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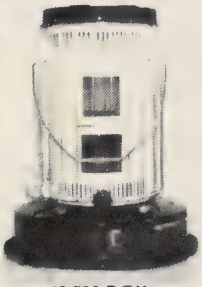

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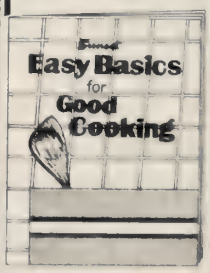

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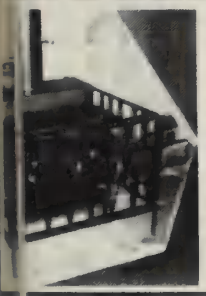

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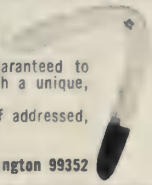

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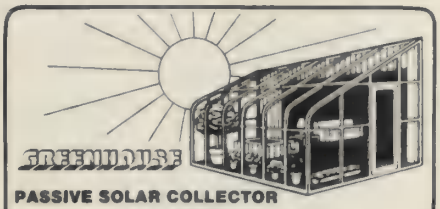

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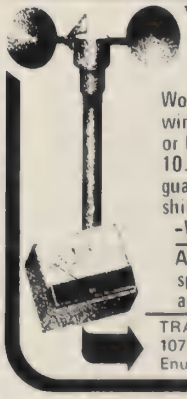

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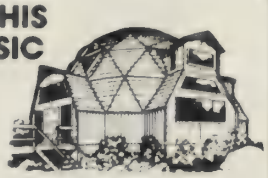

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Where do all those Christmas trees come from?

A few years ago, we received a Christmas card that has become one of our favorites. It showed a baggy Santa Claus carrying a freshly cut tree through the snow to a cheery cabin. We liked the folksy simplicity and the idea of trudging off into snowy woods to cut a tree on Christmas Eve.

Nowadays, that sort of nostalgic Yule experience isn't so simple. The numbers alone stop us. Last year, some 30 million Christmas trees were put on the market across the country. Providing all that greenery has become big business—an estimated $600 million business. Where do all these trees come from?

Until the early 1950s, natural forests provided most of them. In the December 1951 *Sunset,* though, we reported on new research that was encouraging a number of pioneers to try their hand at Christmas tree farming. The results over the last three decades have been dramatic.

Today, most trees are grown on commercial plantations. The country's largest, the Kirk Company, based in Puyallup, Washington, has some 35,000 acres in production. But for the most part, Christmas tree farming has remained a mom and pop business, with small plantings of 10 to 50 acres.

Conifers do especially well in the West's moist, cool-winter climate zones. With careful management, fast-growing Douglas fir can reach 6 feet in about six years. Most growers expect to harvest some 900 marketable trees per acre (natural forests yield only about 45 trees an acre). Oregon and Washington are the big growers, exporting trees to most other Western states. California, which grows almost as many trees as Washington, can't keep up with local demand; it imports more than half of the five million trees marketed last year.

An alternative to the commercial lot is the "choose-and-cut" tree farm, where you saw down your own tree (first reported by *Sunset* in December 1956). Over the last 10 years, the number of these farms has doubled to an estimated 500. Located near metropolitan areas, these operations not only offer fresh trees, but varieties (like Monterey pine) that rarely appear on lots because they can't withstand all the handling and storage. Still, the greatest appeal of choose-and-cut farms may simply be that they provide the focus for an enjoyable family outing.

Another idea that got started in the West is the living Christmas tree (see *Sunset's* December 1980 report). Though their numbers are still small compared to cut trees, the California Association of Nurserymen has noted a steady interest in living trees over the past five years.

Choosing just the right Christmas tree is no small decision. This year, the tree we have chosen for *Sunset's* lobby—a 16-foot-tall noble fir—will barely squeeze through our doors. (For a look at the trimmed tree and displays of craft projects featured in this issue, you're welcome to visit our headquarters in Menlo Park, California between 9 and 4; we're closed weekends and holidays.) Good luck on your Christmas tree search.

ROGER WERTH

WINDOW ON THE WEST: *Douglas fir pruning*

"Timber Jim" Kirkland, a Christmas tree grower in Longview, Washington, uses a mechanical pruner for the final field trimming of a Douglas fir. The tree was harvested in November; it should be on a Christmas tree lot right now. Growers like Mr. Kirkland have discovered that Christmas trees give us more than just a centerpiece for our living rooms: Most of these trees will grow in marginal soil where other crops won't. And while they're growing, they help hold soil on erosion-prone hillsides and provide excellent cover for wildlife.

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